

Folic Acid is an essential B Vitamin required for cell division and the healthy development of red blood cells.* Women who consume healthful diets with adequate folate may reduce their risk of having a child with birth defects of the brain or spinal cord. Folate intake should not exceed 250 % of the DV (1,000 mcg).

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
YES KOSHER-PARVE

Lot No:

Best by:



06L16NL

This product has been manufactured at a GMP Registered facility.



NO YEAST, WHEAT OR CORN
NO SOY OR MILK
NO SALT OR SUGAR
NO PRESERVATIVES
NO ARTIFICIAL COLORS
NO ARTIFICIAL FLAVORS
NO ARTIFICIAL SWEETENERS
NO GMOs

ESTABLISHED
— 1971 —
Country Life

FOLIC ACID

800 mcg

Certified Gluten-Free

- Essential for expectant mothers*
- Promotes healthy cell development*
- Supports cardiovascular health*

Dietary Supplement **100** Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take one (1) tablet daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value	
Folic Acid	800 mcg	200%

Other Ingredients: Cellulose, stearic acid, silica, magnesium stearate.

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
Product No. 6521