

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	NO	YEAST, WHEAT OR CORN
YES	CERTIFIED VEGAN BY THE AVA	NO	SOY OR MILK
YES	RECYCLABLE PACKAGING	NO	SALT OR SUGAR
YES	MANUFACTURING SUPPORTS WIND POWER	NO	PRESERVATIVES
YES	KOSHER-PARVE	NO	ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
		NO	GMOs

Lot No:

Best by:

06J16NL



This product has been manufactured at a GMP Registered facility.



Dietary
Supplement

250 Tablets

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

ESTABLISHED
— 1971 —
Country
Life

FOLIC ACID

800 mcg

Certified Gluten-Free

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

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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