

DISTRIBUTED BY SWANSON HEALTH PRODUCTS  
Fargo, ND 58104 USA • 1-800-437-4148  
or visit our website at [www.swanson.com](http://www.swanson.com)

**Suggested use:** As a dietary supplement,  
take one veggie capsule per day with water.

**Orgen-FA® is a registered trademark of  
Orgenetics, Inc.**

**WARNING:** For adults only. Consult your physician  
before using this or any product if you are pregnant or  
nursing, taking medication, or if you have a medical  
condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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



SWANSON™

# Real Food Folic Acid

Cardiovascular & Prenatal Health\*

1,000 mcg

FROM CITRUS  
LIMON EXTRACT

VITAMIN SUPPLEMENT | 100 VEG CAPS

## Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving		% Daily Value
Folate	1,665 mcg DFE	416%
(from organic Orgen-FA®	(1,000 mcg folic acid)	
Citrus limon extract) (peel)		

Other ingredients: Rice extract blend  
(rice bran extract, rice hulls, gum  
arabic, sunflower oil), hypromellose  
(vegetable capsule).

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