



vitamin
300 capsules
dietary supplement

folic acid

800mcg

prenatal support[†]

fetal development[†]

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Folate	1333 mcg DFE [†] (800 mcg folic acid)	222%

Other ingredients: Rice flour, gelatin, magnesium stearate.

Does not contain: Gluten, Sugar, Salt, Preservatives, Artificial Colors or Flavors.

The FDA acknowledges women who consume healthful diets with adequate folate (folic acid) throughout their childbearing years may reduce their risk of having a child with a birth defect of the brain or spinal cord (neural tube defects). Sources of folate include fruits, vegetables, whole grain products, fortified cereals and dietary supplements.[†]

[†] Dietary Folate Equivalent

† 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.

DIRECTIONS: Take one (1) capsule daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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