

Folic acid is a water-soluble B Vitamin and member of the B Complex. Folic acid intake is important for pregnant women and helps promote heart health.* Folic acid helps maintain healthy levels of homocysteine by helping convert homocysteine into methionine.* In addition, it plays a significant role in the health of red blood cells, and helps support a healthy nervous system.*

Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect. Folate intake should not exceed 417% of the DV (1,667 mcg DFE).

Carefully Manufactured by:
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For more information, call toll-free
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SOLGB71080 04E

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Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
Folate	666 mcg DFE 167%
(400 mcg folic acid)	

DV = Daily Value

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Vegetable Stearic Acid, Silica, Vegetable Cellulose.

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet one to two times daily, preferably with a meal or as directed by a healthcare practitioner.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if inner seal is missing or damaged.

Solgar's KOF-K certification # K-1250

*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.

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Since 1947



FOLATE
666 MCG DFE
(400 MCG FOLIC ACID)

HEART HEALTH*
PRENATAL SUPPORT*



Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



100 TABLETS

DIETARY SUPPLEMENT