

**SUPPORTS
NERVOUS SYSTEM
DEVELOPMENT***

Folate is essential for proper fat metabolism, DNA and RNA synthesis, and tissue growth and repair.* Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect. Our Folate is carefully tested and produced to superior quality standards.

◆ LG40451.A01 BLK8276A



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



FOLATE

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100 CAPSULES | 800 mcg DFE
per Serving
DIETARY SUPPLEMENT

Recommendation: Take 1 capsule daily, preferably with food. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Capsule

Amount per Serving		% DV
Folate	800 mcg DFE (480 mcg Folic Acid)	200%

Daily Value (DV).

Other ingredients: cellulose, gelatin (capsule), magnesium stearate

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

GLUTEN FREE. No salt, yeast-derived ingredients, wheat, corn, soy, dairy products, or artificial colors, flavors, or preservatives.

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Questions? 1-800-9NATURE /
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