

PRODUCT INFORMATION:

One tablet typically provides:

Folic acid 400µg

%NRV

200

* **NRV** = Nutrient Reference Value

INGREDIENTS:

Bulking agent: natural *Lithothamnion calcarea*; bulking agent: microcrystalline cellulose; zein protein coating, anti-caking agents: magnesium stearate*, stearic acid*; folic acid (as pteroyl glutamic acid). *(vegetarian source)

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, soya, sugar, wheat, yeast.

Suitable for vegetarians and vegans.

This product is not tested on animals.



higher nature®

FOLIC ACID PREGNANCY SUPPORT

ULTIMATE NUTRITION

FOOD SUPPLEMENT

90
tablets

FOLIC ACID

- ✓ Folate contributes to maternal tissue growth during pregnancy.
- ✓ Government recommended 400µg per tablet.

DIRECTIONS:

Take 1-2 tablets a day, with meals, or as your health professional advises. Do not exceed recommended daily intake. A daily multivitamin is also recommended. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

WARNING:

This level of folic acid should only be taken for short periods, unless pregnant or planning pregnancy.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

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FOL-034-03

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