

FOLIC ACID

400 MCG

680 MCG DFE

cardiovascular health ▼

prenatal support ▼

VITAMIN

Dietary Supplement

300 Tablets



Gluten-Free



Dairy-Free



Soy-Free



Nut-Free

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Folate	680 mcg DFE	170%
(as 400 mcg folic acid)		

OTHER INGREDIENTS: Dicalcium phosphate, microcrystalline cellulose, brown rice powder, stearic acid, magnesium stearate, croscarmellose sodium, aqueous film coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol).

▼ 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) tablet daily, preferably with a meal. 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.▼

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any other 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.

Distributed by: The Vitamin Shoppe, Secaucus, NJ 07094

Visit www.vitaminshoppe.com or call 1-866-293-3367.

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