

PRODUCT INFORMATION:

One tablet typically provides:

		%NRV
Folic acid	400µg	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).

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

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

This product has not been tested on animals.

HIGHER NATURE®

LIFE STAGE

FOLIC ACID

Pregnancy support



90 tablets
vegetarian and vegan

FOLIC ACID**FOOD SUPPLEMENT - 90 TABLETS**

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

DIRECTIONS: Take 1-2 tablets a day, with meals. 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.

STORAGE: Store in a cool, dry place out of reach of children.

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FOL-034-03

