

No Sugar, No Starch, No Artificial Colors,
No Artificial Flavors, No Preservatives,
Sodium Free, No Wheat, Gluten Free,
No Corn, No Soy, No Dairy.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:

1-888-462-2548

GNC.com

Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222 USA

ACTUAL
SIZE

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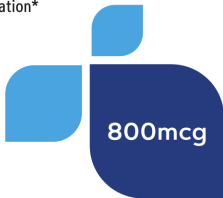
FPO

GNC

Folic Acid

Supports healthy fetal development*

Required for proper red
blood cell formation*



100 VEGETARIAN TABLETS
100-DAY SUPPLY

DIETARY SUPPLEMENT

CODE 253219

EUG

DIRECTIONS: As a dietary supplement, take one tablet daily.
Folate intake should not exceed 278% of the DV, 1667 mcg DFE
(1000 mcg).

Supplement Facts

Serving Size One Tablet

Amount Per Serving		% Daily Value†
Folate	1333 mcg DFE (Folic Acid 800 mcg)	222%
Calcium	65 mg	5%

†Percent Daily Value for pregnant or lactating women.

OTHER INGREDIENTS: Dicalcium Phosphate, Stearic Acid
Vegetable Source, Magnesium Stearate Vegetable Source,
Croscarmellose Sodium, Rice Bran Powder (*Oryza sativa*).

Adequate folate in a healthy diet may reduce a
woman's risk of having a child with a brain or
spinal cord defect.

Potency verified by GNC procedure #5050.
Conforms to USP <2091> for weight.

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**GLUTEN
FREE**

* 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.

Lot No./Best By: