

FOLIC ACID

800 MCG
1360 MCG DFE

cardiovascular health ▼

prenatal support ▼

VITAMIN

Dietary Supplement **100 Capsules**



Gluten-Free



Dairy-Free



Soy-Free



Nut-Free

actual size

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Folate	1360 mcg DFE (as 800 mcg folic acid)	340%

OTHER INGREDIENTS: Rice flour, gelatin, magnesium stearate.

▼ 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) capsule 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.

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Secaucus, NJ 07094

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

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