

**THE VITAMIN SHOPPE®**

# FOLIC ACID

**800 MCG  
1360 MCG DFE**

cardiovascular health<sup>v</sup>

prenatal support<sup>v</sup>

**VITAMIN**



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.

<sup>v</sup> 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.<sup>v</sup>

**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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Dietary Supplement **300 Capsules**