

**Directions:** Take one tablet daily, or as directed by a health care professional.

Folic Acid is needed in the formation of red and white blood cells, the synthesis of nucleic acids, and in the use and formation of amino acids. Also, folic acid is essential for normal cell replication. Folic Acid helps to regulate embryonic fetal development of nerve tissues. It also supports healthy homocysteine levels (along with B-6 and B-12) and may protect against intestinal parasites and food poisoning.†

Store in a cool, dry place and away from direct light.

**KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.**

†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.



**viva**<sup>TM</sup>  
vitamins

# FOLIC ACID

**800 MCG Per Tablet**



**A necessary B-vitamin for nervous system and other functions†**

**We always use the highest quality ingredients**

**premium formulas • 250 tablets • dietary supplement**

## Supplement Facts

Serving Size: 1 tablet

Servings per container: 250

Amount Per Serving		%DV*
Folate (as Folic Acid)	800 mcg	200%

\*Percentage Daily Value

**Other Ingredients:** Microcrystalline cellulose, croscarmellose.

**FREE of:** Gluten, milk, soy, salt, sugar, yeast, wheat, corn, citrus, egg, fish products, artificial coloring, flavoring, or preservatives.

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For more information, visit [www.VivaVitamins.com](http://www.VivaVitamins.com)

**MADE IN THE USA • In God We Trust • Non-GMO**

**Manufactured in an NSF - GMP Certified Facility**

**We at Viva are proud to use only the best food-based ingredients in our supplements. Our raw materials come from the USA, and we use only organic sources to ensure you're getting the best product possible, from the ground up!**