

Folic acid is a water soluble B Vitamin and member of the B Complex. Folic acid intake is important for pregnant women and helps promote heart health.\* Folic acid helps maintain healthy levels of homocysteine already within a normal range by helping convert homocysteine into methionine.\* In addition, it plays a significant role in the health of red blood cells, and helps support a healthy nervous system.\*

Adequate folate levels may reduce a woman's risk of having a child with a brain or spinal cord defect. Total Folic Acid intake should not exceed 1000 mcg (1,667 mcg DFE) per day.

Carefully Manufactured by:  
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For more information, call toll-free  
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Prod 1101  
SOLGB71100 03D 14-01101X3S



# FOLATE

## 1,333 MCG DFE

(800 MCG FOLIC ACID)

HEART HEALTH\*  
PRENATAL SUPPORT\*

Non-GMO  
GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGANS



250 TABLETS

DIETARY SUPPLEMENT

### Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
Folate	333%
(800 mcg folic acid)	

DV = Daily Value

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Vegetable Stearic Acid, Vegetable Cellulose, Silica.

**FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener and Color.**

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

\*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.

