

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 the 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 in healthful diets 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
1-877-SOLGAR 4, www.solgar.com

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Prod 1092

SOLGB71091 02D

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FOLATE

1,333 MCG DFE

(800 MCG FOLIC ACID)

HEART HEALTH*
PRENATAL SUPPORT*

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



250 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
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Folate	1,333 mcg DFE	333%
	(800 mcg folic acid)	

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Vegetable Magnesium Stearate.

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) vegetable capsule 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.

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.

