



SUGGESTED USE: Adults, take 1 tablet daily with water and a meal.

Store tightly closed, in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Folate 665 mcg DFE (400 mcg Folic Acid)	167%
Calcium 70 mg (as Calcium Carbonate and Dibasic Calcium Phosphate)	6%

DISTRIBUTED BY:

Nature Made Nutritional Products

West Hills, CA 91309-9903, USA

1-800-276-2878 • www.NatureMade.com

USP has tested and verified ingredients, potency and manufacturing process.

USP sets official standards for dietary supplements. www.uspverified.org

DFE = Dietary Folate Equivalents

★ Based on Pharmacy Times Survey of pharmacists recommending Letter Vitamin Supplements.

Adequate folic acid in healthful diets may reduce a woman's risk of having a child with a neural tube defect.



No Color Added
No Artificial Flavors
No Preservatives
Gluten Free

CAUTION: If you are taking medication, including anticonvulsants, consult your physician before use.

OTHER INGREDIENTS:

Cellulose Gel,
Croscarmellose
Sodium, Maltodextrin,
Magnesium Stearate.

Lot:
Exp.: