

**SOURCE NATURALS®**



DIETARY SUPPLEMENT

# FOLIC ACID

800 MCG • 500 TABLETS



## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Folate	1,360 mcg DFE (800 mcg folic acid)	340%

Other ingredients: microcrystalline cellulose, dibasic calcium phosphate, stearic acid, and magnesium stearate.

Folic acid, along with vitamin B-12, is required for the synthesis of DNA, the principal genetic material in the body. Because of this function, it is important in cell division and the healthy development and structure of red blood cells. Adequate folic acid may reduce a woman's risk of having a child with a brain or spinal cord birth defect, making it an important nutritional supplement for women who are or intend to become pregnant.\*

**Suggested Use:** 1 tablet daily.

**NOTE:** If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

**Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.**

Suitable for vegetarians. Contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, preservatives, or artificial color, flavor or fragrance.

**\*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.**

SN0484 REV E201

FG-104971 BEST IF USED BY 7 21

Manufactured for:  
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