

Bluebonnet's Folic Acid 400 mcg Vegetable Capsules are formulated with folate from folic acid which supports healthy neural tube development. ♦



Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

Also free of corn, gluten, barley, rice, sodium and sugar.  
Bluebonnet's KOF-K Certification #K-0000700

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

♦ 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.



Bluebonnet



# Folic Acid 400 mcg

Prenatal Health ♦



Dietary Supplement 90 Vegetable Capsules

**Directions:** As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 90

Amount Per Serving		% Daily Value
Folate	667 mcg DFE (as 400 mcg folic acid)	167%

Other ingredients: Vegetable cellulose, capsule (hypromellose, purified water), vegetable magnesium stearate.

Manufactured by  
Bluebonnet Nutrition Corporation  
12915 Dairy Ashford  
Sugar Land, TX 77478 USA  
[bluebonnetnutrition.com](http://bluebonnetnutrition.com)

