

USAGE: Take 1 capsule per day with food or as directed by your qualified healthcare professional.

NOTE: The elderly should frequently check B₁₂ status; folic acid may mask pernicious anemia. The safe upper limit of folic acid consumption is 250% (1,000 mcg) of the daily value. If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially antiepileptic and chemotherapy medications), consult your healthcare professional before using this product.

Folic Acid is a B vitamin and a crucial nutrient for the health of the heart and normal fetal development.* Folic acid is a methyl donor needed to convert homocysteine back to methionine and for accurate synthesis of DNA and normal cell division throughout life, including during pregnancy.*

HEALTH CLAIM: Healthful diets with adequate folic acid may reduce a woman's risk of having a child with certain brain or spinal cord defects.

Keep out of the 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.

Lot #. Best Used Before:

Jarrow
FORMULAS

Folic Acid

**Promotes Healthy Cardiovascular Function*
and Normal Cell Division***

800

MICROGRAMS

100

CAPSULES

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule Servings Per Container 100

	Amount Per Serving	% DV
Folic Acid	800 mcg	200%

% DV for age 12 and older.

* 100% DV for pregnant/lactating women.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and calcium phosphate. Capsule consists of gelatin.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

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