

Suggested Usage: Take 1 tablet daily with a meal.

Folic acid is a very important member of the B-vitamin family required for DNA synthesis and genetic repair, making an adequate supply essential for rapidly dividing cells, such as red blood cells.* Folic acid is also necessary for the synthesis of methionine from homocysteine and can help to contribute to the healthy function of both the cardiovascular and nervous system.*

*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.

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

Natural color variation may occur in this product.

CODE 0476 v7



A Dietary Supplement Vegetarian/Vegan



Folic Acid

800 mcg with Vitamin B-12

B-Complex Vitamin

Supports Healthy
Homocysteine Metabolism*

250 Tablets

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Folate	1,360 mcg DFE** (800 mcg folic acid)	340%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	1042%

Other ingredients: Microcrystalline Cellulose, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

** DFE = Dietary Folate Equivalent

