theVitamin Shoppe®

folic acid

800mcg

prenatal support˅

fetal development˅

vitamin

100 capsules
dietary supplement

gluten free

dairy free

soy free

nut free

actual size

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Folic Acid	800 mcg	200%

Other ingredients: Rice flour, gelatin.

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

The FDA acknowledges women who consume healthful diets with adequate folate (folic acid) throughout their childbearing years may reduce their risk of having a child with a birth defect of the brain or spinal cord (neural tube defects). Sources of folate include fruits, vegetables, whole grain products, fortified cereals and dietary supplements.˅

˅ **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.**

DIRECTIONS: As a dietary supplement, take one (1) capsule daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information and to reorder.

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