

**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. Store tightly closed in a cool, dry place.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 90

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

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

Manufactured by  
**Bluebonnet Nutrition Corporation**  
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