

Folic Acid is an essential B Vitamin required for cell division and the healthy development of red blood cells.* Women who consume healthful diets with adequate folate may reduce their risk of having a child with birth defects of the brain or spinal cord. Folate intake should not exceed 1,000 mcg folic acid daily.

*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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG

YES CERTIFIED VEGAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS WIND POWER

YES KOSHER-PARVE

YES CERTIFIED HALAL BY IFANCA

NO YEAST, WHEAT OR CORN

NO SOY, MILK OR SALT

NO SUGAR OR PRESERVATIVES

NO ARTIFICIAL COLORS

NO ARTIFICIAL FLAVORS

NO ARTIFICIAL SWEETENERS

NO GMOs

Lot No:

Best by:



ESTABLISHED
- 1971 -

Country
Life

FOLATE

1,333 mcg DFE
(800 mcg folic acid)

Certified Gluten-Free

- Essential for expectant mothers*
- Promotes healthy cell development*
- Supports cardiovascular health*

Dietary Supplement **100** Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take one (1) tablet daily with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value	
Folate	1,333 mcg DFE (800 mcg folic acid)	333%

Other Ingredients: Cellulose, stearic acid, silica, magnesium stearate.

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

This product has been manufactured at a GMP Registered facility.

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
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