

Folic Acid is an essential B Vitamin that supports the heart. In addition, women who consume healthful diets with adequate Folic Acid may reduce their risk of having a child with birth defects of the brain or spinal cord. Folic Acid intake should not exceed 250% of the Daily Value (1,000 mcg).*

Suitable for Vegetarians

 Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Prod. No. 2843 B2840 07F

NATURE'S  BOUNTY®

MAXIMUM STRENGTH

1 PER DAY
TABLET

Folic
Acid
800mcg



DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

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

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Carefully Manufactured by
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.

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250 tablets VITAMIN SUPPLEMENT

