



Folic Acid

B-COMPLEX VITAMIN

800 mcg

with Vitamin B-12

- **Supports Healthy Homocysteine Metabolism***

250 Tablets

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%

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

NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
www.nowfoods.com

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.

Please Recycle.



SUGGESTED USAGE: As a dietary supplement, take 1 tablet daily, preferably 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.



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