

PRODUCT INFORMATION

One tablet typically provides:

		%RDA*
Folic acid	400µg	200

*RDA = Recommended Daily Allowance

INGREDIENTS: Bulking agent: natural *Lithothamnion calcarea*; bulking agent: microcrystalline cellulose; zein protein coating, anti-caking agents: magnesium stearate*, stearic acid*; folic acid (as pteroyl glutamic acid).
*(vegetarian source)

DOES NOT CONTAIN: sugar, soya, wheat, gluten, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

Hypo-allergenic formula.

Suitable for vegetarians and vegans.

This product is not tested on animals.



Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

FOLIC ACID

vitamin formula

400µg

90 tablets

VEGAN

FOOD SUPPLEMENT

FOLIC ACID 400µg

90 tablets

✓ Folate contributes to maternal tissue growth during pregnancy.

DIRECTIONS: Take 1-2 tablets a day, with meals, or as your health professional advises. Do not exceed recommended daily intake. A daily multivitamin is also recommended.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

The British Government's Chief Medical Officers advise that all women planning a pregnancy should take a 400µg folic acid supplement daily, from the start of trying to conceive to until at least the 12th week of pregnancy.

This level of folic acid should only be taken for short periods, unless pregnant or planning pregnancy.

This bottle has a UV filter.

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.

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FOL-034-03

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