Folic acid is a water-soluble B Vitamin and member of the B Complex. Folic acid intake is important for pregnant women and helps promote heart health.* Folic acid helps maintain healthy levels of homocysteine by helping convert homocysteine into methionine.* In addition, it plays a significant role in the health of red blood cells, and helps support a healthy nervous system.*

Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect. Folate intake should not exceed 250% of the DV (1000 mcg).

Carefully Manufactured by:
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Leonia, NJ 07605 U.S.A.
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SOLGAR®
Since 1947

FOLIC ACID 400 MCG

HEART HEALTH*
PRENATAL SUPPORT*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS

PARVE

250 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Folic Acid	400 mcg	100%

DV = Daily Value

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Vegetable Stearic Acid, Silica, Vegetable Cellulose.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) to two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification # K-1250

*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.

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