

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 levels may reduce a woman's risk of having a child with a brain or spinal cord defect.

Carefully Manufactured by:

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SOLGB71091 00B



FOLIC ACID 800 MCG

HEART HEALTH*
PRENATAL SUPPORT*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Folic Acid	800 mcg	200%

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose,
Vegetable Cellulose, Vegetable Stearic Acid,
Vegetable Magnesium Stearate.

**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) vegetable capsule 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.

