

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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SOLGB71100 00B



FOLIC ACID 800 MCG

HEART HEALTH*
PRENATAL SUPPORT*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



250 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
Folic Acid	800 mcg 200%

DV = Daily Value

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

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) tablet 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.

