

Suggested Usage: 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.

Natural color variation may occur in this product.

CODE 0476 V3



Folic Acid

800 mcg with Vitamin B-12

B-Complex Vitamin

Supports Healthy
Homocysteine Metabolism*

250 Tablets

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

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.
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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.

