



vitamin
100 tablets
dietary supplement

folic acid

400mcg

prenatal support▼
fetal development▼

gluten
free

dairy
free

soy
free

nut
free

actual
size



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Calcium (as dicalcium phosphate)	30 mg	3%
Folic Acid	400 mcg	100%

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, magnesium stearate, croscarmellose sodium, silicon dioxide, hypromellose, glycerin, water, carnauba wax.

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

The FDA acknowledges women who consume healthful diets with adequate folate (folic acid) throughout their childbearing years may reduce their risk of having a child with a birth defect of the brain or spinal cord (neural tube defects). Sources of folate include fruits, vegetables, whole grain products, fortified cereals and dietary supplements.▼

DIRECTIONS: As a dietary supplement, take one (1) tablet daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

▼ **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.**

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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