

DIRECTIONS: FOR ADULTS, TAKE ONE (1) CAPLET PER DAY. Do not exceed recommended dosage. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value	
Vitamin C (as Ascorbic Acid)	60 mg	100%
Riboflavin (Vitamin B-2)	25 mg	1,471%
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg	1,250%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	250 mcg	4,167%
Choline (as Choline Bitartrate)	25 mg	**

**Daily Value not established.

Other Ingredients: Dextrose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Titanium Dioxide Color, FD&C Yellow # 5 Lake, FD&C Yellow # 6 Lake.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Manufactured by REXALL SUNDOWN, INC.
Boca Raton, FL 33487 USA

Sundown
Naturals

Folic Acid

XTRA

with B6 & B12

**Supports Heart &
Cardiovascular Health***

VEGETARIAN FORMULA
60 CAPLETS DIETARY SUPPLEMENT

Smart Facts

Folic acid is an essential B vitamin that supports the heart.* Folic acid also plays a significant role in the formation of new cells and is an important vitamin for women.* This supplement also contains B-6 and B-12 that, along with Folic Acid, help to maintain homocysteine levels that are already within the normal range.* Women who consume healthful diets with adequate folate may reduce their risk of having a child with birth defects of the brain or spinal cord. Folate intake should not exceed 250% of the DV (1,000 mcg).

*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.

No Artificial Flavor or Sweetener, No Preservatives, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.



Questions? Call toll free 1-888-VITAHELP (848-2435)
or visit us at www.sundownnaturals.com

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