

Folic Acid is an essential B Vitamin that supports the heart. In addition, women who consume healthful diets with adequate Folic Acid may reduce their risk of having a child with birth defects of the brain or spinal cord. Folic Acid intake should not exceed 250% of the Daily Value (1,000 mcg).*

NATURE'S BOUNTY

MAXIMUM STRENGTH

1 PER DAY
TABLET

Folic Acid

800mcg



DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Folic Acid	800 mcg 200%

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Silica, Vegetable Magnesium Stearate.

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

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Suitable for Vegetarians

Carefully Manufactured by NATURE'S BOUNTY, INC.
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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



250 tablets VITAMIN SUPPLEMENT

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