

IMPORTANT FACTS YOU SHOULD KNOW

Folic Acid is an essential B Vitamin that supports heart health.* 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).

*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.

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 AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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Prod. No.
74254
02A B1400
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150 Tablets
Dietary Supplement



Folic Acid

400 mcg

Cardiovascular Health*



DIRECTIONS: FOR ADULTS, TAKE ONE (1) TABLET DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	
Folic Acid	400 mcg	100%

Other Ingredients: Cellulose (Plant Origin), Calcium Carbonate, Croscarmellose, Maltodextrin. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Sugar, No Preservatives, No Soy, No Artificial Color, No Artificial Flavor, No Sodium.

Quality Guaranteed Lab Tested

Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.