

Schiff® Folic Acid provides 100% of the recommended daily intake of folate. Women who consume healthful diets with adequate folate throughout their childbearing years may reduce their risk of having a child with a birth defect of the brain or spinal cord.

Folic Acid (folate) is an essential B vitamin that plays an important role in DNA and RNA synthesis, production of red blood cells, cardiovascular health, healthy mood, mental functioning and maintenance of the nervous system.* Adequate levels of folate help to maintain healthy levels of homocysteine, supporting cardiovascular health.*

The form of folate used in dietary supplements is absorbed better than folate found in foods.

***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.**



GUARANTEED: No added sugar (sucrose, fructose, lactose), salt (sodium chloride), yeast, wheat, gluten or milk. No preservatives, artificial colors or artificial flavors.

GUARANTEED for purity, freshness and labeled potency.



Schiff® SURE DISSOLVE tablets are formulated to disintegrate within one hour.

Like all Schiff® products,
Folic Acid is manufactured under strict
conditions of quality control.

We guarantee it.



Folic Acid

Schiff® understands that when you choose vitamins and supplements, you only want the most natural ingredients. That's why, for more than seventy-five years, people have trusted Schiff® to deliver premium-quality, natural products.

*To learn more about our
complete line of products, visit us at
www.schiffvitamins.com*



Folic Acid

400 mcg Folate

- ▶ PLAYS AN IMPORTANT ROLE IN PRENATAL DEVELOPMENT
- ▶ ESSENTIAL B VITAMIN

250 TABLETS

DIETARY SUPPLEMENT



Directions: For best results, take one (1) tablet daily with a meal; if pregnant take two (2) daily.

Supplement Facts

Serving Size One (1) Tablet

Amount Per Serving		%Daily Value
Folate (as folic acid)	400 mcg	100%
Calcium (as dicalcium phosphate)	25 mg	3%

Other ingredients: Dextrose, Croscarmellose Sodium, Corn Starch, Silicon Dioxide, Magnesium Stearate.

Manufactured by: **SCHIFF NUTRITION GROUP, INC.**
SALT LAKE CITY, UT 84104 USA
For information call: 1-800-526-6251 (8am-5pm MST M-F)
www.schiffvitamins.com



ACTUAL SIZE
TABLET

NOTE: If you are pregnant, lactating or on prescribed medication, consult your physician before using.

**KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE WITH LID TIGHTLY CLOSED.**

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