

SAFETY SEALED. DO NOT USE IF
PRINTED SEAL UNDER CAP IS
CUT, TORN, OR MISSING.

exchange
select™

FOLIC ACID

400 mcg



WOMEN'S HEALTH*

• SUPPORTS A
HEALTHY PREGNANCY*

250 TABLETS
DIETARY SUPPLEMENT

quality
value

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
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Folate 400 mcg	100%
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INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, Folic Acid.

Directions: Adults - Take one tablet daily with food as a dietary supplement.

Keep out of the reach of children.
Store at 15° - 30° C (59° - 86° F).

NO ARTIFICIAL COLORS OR FLAVORS
NO GLUTEN • NO LACTOSE • NO TRANS FAT

Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect.*

Warning: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

*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.

**"SATISFACTION GUARANTEED
OR YOUR MONEY BACK."**

Manufactured for:
Your Military Exchanges By:
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FRESHNESS AND POTENCY GUARANTEED THROUGH:

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