

PK002813
5A044

#1 PHARMACIST RECOMMENDED VITAMIN & SUPPLEMENT BRAND*



Folic Acid

400 mcg (665 mcg DFE)



Important B vitamin
for women of
childbearing age

250 TABLETS

Helps support
nervous system
function†

Dietary Supplement

†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.

Adequate folic acid in healthful diets may reduce a woman's risk of having a child with a neural tube defect.

SUGGESTED USE: Adults, take 1 tablet daily with water and a meal.

Store tightly closed, in a cool, dry place, out of reach of children.

Do not use if seal under cap is broken or missing.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Folate 665 mcg DFE (400 mcg Folic Acid)	166%
Calcium 45 mg (as Calcium Carbonate and Dibasic Calcium Phosphate)	3%

OTHER INGREDIENTS: Cellulose Gel, Maltodextrin, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate.

DISTRIBUTED BY:

Nature Made Nutritional Products
West Hills, CA 91309-9903, USA
1-800-276-2878 • www.NatureMade.com

USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. www.uspverified.org
DFE = Dietary Folate Equivalents

*Based on a survey of pharmacists who recommend branded vitamins and supplements.

- ✓ No Color Added
- ✓ No Artificial Flavors
- ✓ No Preservatives
- ✓ Gluten Free

CAUTION: If you are taking medication, including anticonvulsants, consult your physician before use.

Lot:
Exp.: