

Directions: Adults take one tablet daily, preferably with food or as directed by your doctor. Folic Acid is essential for nervous system health and is vital to the development of the nervous system of a fetus. A deficiency of folic acid during pregnancy has been linked to several birth defects, such as the neural tube defect spina bifida.

WARNING: KEEP OUT OF REACH OF CHILDREN. DO NOT EXCEED RECOMMENDED DOSE. DO NOT PURCHASE IF OUTER SEAL IS BROKEN OR DAMAGED.

When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

STORE TIGHTLY CLOSED IN A COOL, DRY PLACE.



Produced for:  
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HUMAN  
essentials

# Folic Acid

## 400 mcg

### Prenatal Support & Heart Health

**Dietary Supplement**  
**90 Tablets**

### Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 90

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

Other Ingredients: Cellulose, Stearic Acid, Magnesium Stearate