



FOLIC ACID

- **A dietary supplement containing 800 mcg of Folic Acid.**
- Folic Acid is a B vitamin that is important for cell division and is also needed for protein metabolism and repair of RNA and DNA.*
- Folic Acid also plays an important role in pregnancy.* Folic Acid supplementation is recommended during pregnancy to prevent the fetus from neural tube defects.* It can also help support plasma and red blood cell folate concentrations and reduces the risk of folate deficiency.* Folate deficiencies have been associated with recurrent spontaneous pregnancy loss.
- Folic Acid supports nerve and cardiovascular health.* Folic Acid and Vitamin B12 are needed for the formation of red blood cells to help increase capillary blood flow.* Folate is the key transferring agent in the transmethylation process and is necessary to turn homocysteine into methionine, which allows the body to recycle or remove homocysteine as needed.*
- Folic acid also helps in the metabolism of the amino acids used by the brain.* Research shows that supplementation with folic acid may improve symptoms associated with mental focus and hyperactivity.*
- Folic acid is important in maintaining gingival health.*

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

Folic Acid 800 mcg

Other ingredients: microcrystalline cellulose, vegetable cellulose, vegetable stearate.

Warning: If you are pregnant or nursing, consult your health care practitioner before taking this or any nutritional product.

- **Suggested Use:** As a dietary supplement, take 1 capsule daily.

0600123.060 (60 Vegetarian Capsules)

*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

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