Product Information

Folic Acid + B-12



Description:	Features: • Women who consume healthful diets with adequate folate may reduce their risk of having a child with birth defects of the brain or spinal cord • Rapid-Solv™ Disintegration within 30 Min. (USP XXII)
Item#:	68552
Size:	100ct 800mcg
Suggested Retail Price:	$4.79
Directions:	As a dietary supplement, take 1 tablet daily with a meal or a glass of water. Folate intake should not exceed 250% of the DV (1,000 mcg). Store in a cool, dry place.
Serving Size:	1 Tablet 100 Servings per container

Ingredients:	Amount per serving:	% Daily Value: +
Vitamin B-12 (as Natural Cobalamin Concentrate)	5 mcg	83%
Folate (as Folic Acid)	800 mcg	200%

Key to Ingredients:
~ = Daily Value not established.
+ = Percent Daily Value is based on a 2,000 calorie diet.
† = Values differ depending on age
‡ = Values differ depending on age

Other Ingredients:	Cellulose, Stearic Acid, Magnesium Stearate
Other:	See product label for more information.

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