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**Folic Acid 800mcg + B-12 25mcg - Vegetarian 250 Tabs**




**PRODUCT #**: 0476
**UPC**: 733739004765
**SRP**: $4.99
Where to Buy
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An estimated 20% of the US population suffers from some form of folic acid deficiency. And as one of the most difficult water-soluble vitamins to absorb, quality plays an integral role when choosing this essential B vitamin. NOW's Folic Acid 800 mcg is a state of the art blend that includes 25 mcg of Vitamin B-12 for synergistic effect and quick absorption. When used in combination with vitamin B-12, folic acid may help facilitate the production of cellular energy.*

From the FDA's website: "0.8 mg folic acid in a dietary supplement is more effective in reducing the risk of neural tube defects than a lower amount in foods in common form. FDA does not endorse this claim. Public health authorities recommend that women consume 0.4 mg folic acid daily from fortified foods or dietary supplements or both to reduce the risk of neural tube defects."

As part of a well-balanced diet that is low in saturated fat and cholesterol, Folic Acid, Vitamin B6 and Vitamin B12 may reduce the risk of vascular disease. FDA evaluated the above claim and found that, while it is known that diets low in saturated fat and cholesterol reduce the risk of heart disease and other vascular diseases, the evidence in support of the above claim is inconclusive.

**Nutrition Info**

Servings Per Container: 250
Serving Size: 1 Tablet

| | Amount Per Serving | % Daily Value |
|---|---|---|
| Folic Acid | 800 mcg | 200% |
| Vitamin B-12 (as Cyanocobalamin) | 25 MCG | 420 |

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

**Details**

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**NOW Nutritionist, Neil Levin to Appear on Chicago Public Television Tonight**

Neil E. Levin, CCN, DANLA, will be a guest on Chicago Tonight this evening

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**Serving Size:** 1 Tablet

**Suggested Use:** As a dietary supplement, take one tablet daily, preferably with meals.

**Free of:** yeast, wheat, soy, milk, corn.

**Other Ingredients:** Cellulose, stearic acid, magnesium stearate.

**Warnings:** None

**Disclaimers:** *This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Folic Acid is a member of the B complex vitamins. This tablet is guaranteed full potency.

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