



## FOLIC Acid (400)µg

### USES & BENEFITS

Pre- Conception and Early Pregnancy



### NUTRITIONAL INFORMATION

One tablet typically provides;	%NRV	
Folic Acid	400µg	%200

NRV = Nutrient Reference Value

### SUGGESTED USE

Adults; Swallow **one (1) tablet** per day with food.  
Or As directed by your health professional or pharmacist

### VEGAN

YES 

### Available SKUs

30, 60, 90 tablets

All women planning a pregnancy should take a 400µg Folic Acid supplement daily from the start of trying to conceive until the 12th week of pregnancy.

Folic Acid is used in the body to make red blood cells and help build muscles.

Free of gluten, wheat, dairy, artificial colors, and artificial sweeteners. GMO Free.

### STORAGE INSTRUCTIONS

Store in a cool dry place, between 15°-25° and relative humidity between 35-60%

### WARNING

**Keep out** of the reach of children. Consult with your physician before using this product if you are pregnant or lactating have a known medical condition or are taking medications.