

No Sugar, No Starch, No Artificial Colors,  
No Artificial Flavors, No Preservatives,  
Sodium Free, No Wheat, Gluten Free,  
No Corn, No Soy, No Dairy.

**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place.

For More Information:

1-888-462-2548

GNC.com

Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222 USA

ACTUAL  
SIZE

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FPO

**GNC**

# Folic Acid

Supports healthy fetal development\*

Required for proper red  
blood cell formation\*



**100 VEGETARIAN TABLETS**

**100-DAY SUPPLY**

**DIETARY SUPPLEMENT**

**CODE 253413**

**EUG**

**DIRECTIONS:** As a dietary supplement, take one tablet daily.

## Supplement Facts

Serving Size One Tablet

Amount Per Serving	% Daily Value for adults and children 4 or more years of age	% Daily Value for pregnant and lactating women
Folate 1667 mcg DFE (1000 mcg of Folic Acid)	417%	278%
Calcium 65 mg	5%	5%

**OTHER INGREDIENTS:** Dicalcium Phosphate, Stearic Acid  
Vegetable Source, Magnesium Stearate Vegetable Source,  
Croscarmellose Sodium.

Adequate folate in a healthy diet may reduce a woman's risk of  
having a child with a brain or spinal cord defect. Folate intake  
should not exceed 278% of the DV, 1667 mcg DFE (1000 mcg).

Potency verified by GNC procedure #5050. Conforms to USP  
<2091> for weight. Meets USP <2040> disintegration.

\* 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.

Lot No./Best By: