

No Artificial Colors, No Artificial Flavors,
No Preservatives, Sodium Free, No
Wheat, Gluten Free, 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

ACTUAL
SIZE

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA



GNC

Folic Acid

Supports healthy fetal development*

Required for proper red
blood cell formation*



100 VEGETARIAN TABLETS

100 SERVINGS

DIETARY SUPPLEMENT

CODE 256022

FUG

DIRECTIONS: As a dietary supplement, take one or two tablets
daily. Folate intake should not exceed 278% of the DV, 1667 mcg
DFE (1000 mcg).

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 (400 mcg Folic Acid) | 667 mcg DFE 167% | 111% |

OTHER INGREDIENTS: Dextrose, Stearic Acid Vegetable Source,
Magnesium Stearate Vegetable Source, Rice Bran Powder
(*Oryza sativa*).

Adequate folate in a healthy diet may reduce a
woman's risk of having a child with a brain or
spinal cord defect.

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

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**GLUTEN
FREE**

* 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: