

KEEP OUT OF REACH OF CHILDREN.  
Store in a cool, dry place.

For More Information:  
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Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222



**GNC**

# Folic Acid

## 1000 MCG

Supports healthy fetal development\*  
Required for proper red blood  
cell formation\*

DIETARY SUPPLEMENT  
**100 VEGETARIAN TABLETS**

**CODE 253412**

**ARG**

**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	
Folic Acid	1000 mcg	250%	125%

**Other Ingredients:** Dicalcium Phosphate.

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 250% of the DV (1,000 mcg).

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