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**FOODSCIENCE®**  
*of Vermont*

## *Folic Acid*

- **A dietary supplement containing 800 mcg of Folic Acid.**
- Folic Acid is a B vitamin that is important for cell division and is also needed for protein metabolism and repair of RNA and DNA.\*
- Folic Acid also plays an important role in pregnancy.\* Folic Acid supplementation is recommended during pregnancy to prevent the fetus from neural tube defects.\* It can also help support plasma and red blood cell folate concentrations and reduces the risk of folate deficiency.\* Folate deficiencies have been associated with recurrent spontaneous pregnancy loss.
- Folic Acid supports nerve and cardiovascular health.\* Folic Acid and Vitamin B12 are needed for the formation of red blood cells to help increase capillary blood flow.\* Folate is the key transferring agent in the transmethylation process and is necessary to turn homocysteine into methionine, which allows the body to recycle or remove homocysteine as needed.\*

- Folic acid also helps in the metabolism of the amino acids used by the brain.\* Research shows that supplementation with folic acid may improve symptoms associated with mental focus and hyperactivity.\*
- Folic acid is important in maintaining gingival health.\*

### **Supplement Facts**

#### **Serving Size: 1 Capsule**

#### **Amount Per Serving**

Folic Acid 800 mcg

Other ingredients: microcrystalline cellulose, vegetable cellulose, vegetable stearate.

**Warning:** If you are pregnant or nursing, consult your health care practitioner before taking this or any nutritional product.

- **Suggested Use:** As a dietary supplement, take 1 capsule daily.

0300123.060 (60 Vegetarian Capsules)

\*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.

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