

Folic Acid

Support for healthy fetal neural development[†]

INDICATIONS

- Ages 18 and up
- Healthy fetal neural development support[†]

BENEFITS

- Supports healthy fetal neural development[†]
- Promotes the growth and reproduction of red and white blood cells[†]
- Assists in the conversion of homocysteine to methionine and the production of gastric HCl[†]

FEATURES

- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Folic acid is essential for healthy fetal neural development.¹ It is necessary for the growth and reproduction of red and white blood cells, the formation of nucleic acids, the conversion of homocysteine to methionine, and the production of gastric hydrochloric acid (HCl).² Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord birth defect.³ Folate intake should not exceed 250% of the DV (1,000 mcg). 1,333 mcg DFE (800 mcg) folic acid in a dietary supplement is more effective in reducing the risk of neural tube defects than a lower amount in foods in common form. FDA does not endorse this claim. Public health authorities recommend that women consume 600 mcg DFE (360 mcg) folic acid daily from fortified foods or dietary supplements or both to reduce the risk of neural tube defects.[†]

SUGGESTED USE

As a dietary supplement, take 1 capsule daily, with a meal.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Pure Encapsulations folic acid is synthetically produced
- Hypo-allergenic plant fiber is derived from pine cellulose

NOTES

Size 3 caps

Bottle count 60

Order code FO6

Bottle size 75 cc

REFERENCES

1. Centers for Disease Control (CDC). *MMWR Morb Mortal Wkly Rep.* 1991 Aug 2;40(30):513-6.
2. McNulty B, et al. *Am J Clin Nutr.* 2013 Jul;98(1):92-8.
3. Cheong M, et al. *Asia Pac J Clin Nutr.* 2016;25(1):62-70.

SUPPLEMENT FACTS

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Folate (as folic acid)	1,333 mcg DFE (800 mcg folic acid)
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	



Folic Acid	Quantity	Order Code
	60	FO6

Visit PureEncapsulationsPro.com for more information about our GMO policy.