

The Busy Woman's Guide To Multivitamins

- Taking a multivitamin with 400 mcg of folic acid every day may lower your risk of cancer, heart disease and osteoporosis
- It may also help prevent birth defects like spina bifida
- When buying multivitamins, check the label to make sure they contain 100% of the recommended daily amount of folic acid or folate
- Store brands are just as effective as name brands and often cost less
- You do not need a prescription to buy multivitamins
- Multivitamins do NOT make you gain weight

| Supplement Facts | | |
|-------------------------|--------------------|---------------|
| Serving Size: 1 tablet | | |
| | Amount Per Serving | % Daily Value |
| Vitamin A | 5000IU | 100 |
| Vitamin C | 60mg | 100 |
| Vitamin B6 | 2mg | 100 |
| Folic Acid | 400mcg | 100 |
| Vitamin B12 | 6mcg | 100 |

MULTIVITAMINS

www.getfolic.com • The CARE-LINE: 1-800-662-7030



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