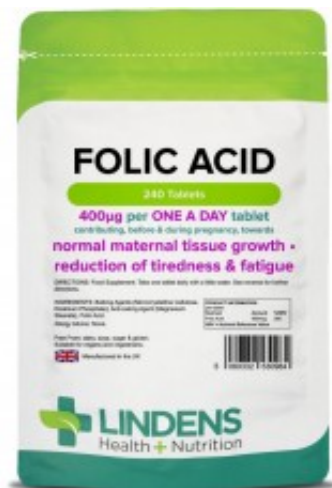


## Folic Acid



**Brand:** Lindens  
**Product Code:** L33  
**Availability:** 10  
**Weight:** 0.10kg

**Price: £5.99**

### Short Description

An essential if you are pregnant or planning to get pregnant. Folic Acid is a useful general supplement, contributing toward psychological health, immune health and reduction of tiredness and fatigue.

### Description

- Supports normal blood formation
- Supports normal function of the immune system
- Supports normal cell division
- Contributes to the reduction of tiredness and fatigue

Folic acid, also known as Folate, is a B vitamin which helps form building blocks of DNA, and building blocks of RNA, needed for protein synthesis in all cells. Therefore, rapidly growing tissues, such as that of a foetus, and rapidly regenerating cells, like red blood cells and immune cells, have a high need for folic acid. Folic acid deficiency results in a form of anaemia that responds quickly to folic acid supplementation.

The B vitamin Folic Acid is an important vitamin for everyone. Folic acid works with Vitamin B12 to form healthy red blood cells.

In women's health, Folic Acid has become synonymous with conception and early pregnancy. In fact it's especially important in foetal development and governments worldwide recommend Folic Acid supplementation at 400mcg per day

Contributes towards:

- maternal tissue growth during pregnancy
- reduction of tiredness and fatigue
- normal immune system health

With Lindens®, you can expect:

- ? An established UK manufacturer based in Yorkshire
- ? ISO 9001 Certified for Quality Management Systems
- ? Dedication to excellence, innovation and satisfaction
- ? Resealable, light-proof, foil-fresh pouch packaging
- ? The Lindens® label: your guarantee of authenticity

This is a food supplement which is not a substitute for a balanced diet and healthy lifestyle. We recommend that pregnant and breastfeeding women seek medical advice before using food supplements. Store in a cool, dry place, out of reach of children. Unsuitable for children. Follow usage guidelines. Do not exceed stated dose. Lindens® is a registered trademark of Lindens Health + Nutrition Ltd.

## **Label Information**

### **FOLIC ACID**

400µg per ONE A DAY tablet contributing, before & during pregnancy, towards normal maternal tissue growth • reduction of tiredness & fatigue

**DIRECTIONS:** Food Supplement. Take one tablet daily with a little water.

**INGREDIENTS:** Bulking Agent (Microcrystalline Cellulose, Dicalcium Phosphate), Anti-caking Agent (Magnesium Stearate), Folic Acid

Allergens (if any) in bold.

Free From: dairy, soya, sugar & gluten.  
Suitable for vegans and vegetarians.

EAN:

5060332530984 - 240 pack

**PRODUCT INFORMATION**

per tablet capsule

Nutrient	Amount	% NRV
Folic Acid	400mcg	200

NRV = Nutrient Reference Value