Kräuterhaus
Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.
Seit **1903** im Dienste der Gesundheit.

Folic Acid Iodide Tablets

Nutritional supplement

Good to know:
Folic acid and iodide are important for healthy physical and mental development. Amongst other things, folic acid contributes towards the growth of a mother's tissue during pregnancy and towards normal amino acid synthesis and haematopoiesis. Iodide supports a normal energy metabolism and the cognitive functions, i. e. all those processes in the brain which concern thinking, feeling, perception etc. Because Germany is a country low in folic acid and iodide, in particular those women wishing to have children, pregnant and breast-feeding women should supplement their nutrition with folic acid and iodide.

Ingredients:
Bulking agent Microcrystalline Cellulose, separating agent Magnesium Stearate, Folic Acid, Potassium Iodide, filler Sodium Citrate.

Each tablet contains 0.4 mg (= 400 µg) folic acid and 0.2 mg (= 200 µg) iodine.

	per tablet (= daily dose)	% of NRV recommended daily dose*
Folic acid	400 µg	200
Iodine	200 µg	133

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

Recommended dosage:
Take 1 tablet per day with sufficient liquid.

Folic Acid Iodide Tablets should only be taken in consultation with a doctor in case of an existing thyroid disorder.

Keep dry and out of direct sunlight. Store below 25°C.
Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 240 tablets = 60 g

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