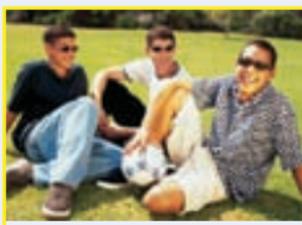


# “B” YOUR BEST!

with Folic Acid

Folic acid is a B vitamin that can help you “B” your best! It’s used for the growth and repair of every cell in your body.



You lose up to 40,000 dead skin cells every minute of the day.

You shed 50 to 100 strands of hair each day.



All day, every day, your body works hard to replace all those lost cells!

Start a healthy habit.  
Get enough folic acid each  
and every day!

“B” your best for LIFE

Your body needs folic acid as you grow. When you're grown, there are other good reasons to get enough each day. Folic acid can help prevent very serious birth defects in babies. So, “B” your best today and in your future!



Eat plenty of  
fruits and  
veggies

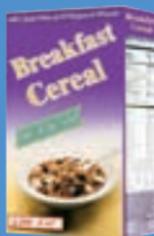
**AND**  
do one of the following,  
each day

Take a vitamin  
that has  
folic acid in it  
every day

or

Eat a breakfast  
cereal that has  
100% of the Daily  
Value of folic acid  
every day

Supplement Facts		
	Amount per tablet	% DV
Vitamin B12	6 mcg	100%
<b>Folic Acid</b>	<b>400 mcg</b>	<b>100%</b>
Vitamin C	60 mg	100%



Nutrition Facts		
	Amount Per Serving	% Daily Value
Vitamin B12	6 mcg	100%
<b>Folic Acid</b>	<b>400 mcg</b>	<b>100%</b>
Calcium	450 mg	45%



“B” Your Best!  
Folic acid, every day!



For more information, visit: [www.cdc.gov/folicacid](http://www.cdc.gov/folicacid) or  
call 1-800-232-4636 (CDC-INFO)