

## STRUCTURE / FUNCTION CLAIMS

### NUTRIENT: Folic Acid

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PRODUCT: Fred Meyer Folic Acid (250t)

NUTRIENT AMOUNT: 400 mcg per serving (one tablet)

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#### STRUCTURE/FUNCTION CLAIM:

Folic Acid helps in the manufacturing of red blood cells and is essential for normal metabolism.

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#### REFERENCES:

1. Krumdieck, C.L., Folic acid, in *Present Knowledge in Nutrition*, 6th ed., Brown, M.L., Ed., International Life Sciences Foundation, Washington, D.C., 1990, 179-188.
2. Herbert, V. And K.C. Das, Folic acid and vitamin B12, in *Modern Nutrition in Health and Disease*, 8th ed., Shils, M.E., J.A. Olson, M. Shike, Eds., Lea & Febiger, Philadelphia, 1994, 402-425.

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