



MÉDERI
NUTRICIÓN INTEGRATIVA
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VITAMINA B9 ÁCIDO FÓLICO 400 µg MÉDERI



Description: Food supplement based on folic acid.

Directions for use / recommended dose: Take one (1) capsule daily, preferably between meals or as recommended by a healthcare professional.

Presentation: Bottle of 60 vegetable capsules of 448 mg.

Composition: Bulking agent (microcrystalline cellulose), capsule (coating agent: hydroxypropyl methylcellulose), anti-caking agent (COMPRITOL® E ATO (fatty acid monoglycerides and diglycerides)), and pteroylmonoglutamic acid (folic acid).

Storage conditions: Store the container in a cool, dry place, protected from light.

Ingredients	1 capsule	% NRV*
Folic acid	400 µg	200 %

*NRV: Nutrient Reference Value for vitamins and minerals.

Warnings: Do not exceed the expressly recommended daily dose. Food supplements should not be used as a substitute for a balanced diet. Keep out of reach of young children.

Properties and potential applications:

Folate (vitamin B9) contributes to normal homocysteine metabolism and normal psychological function, and helps reduce tiredness and fatigue.

It is important to follow a varied and balanced diet and a healthy lifestyle.

