Creative Enzymes®

Vitamin B9

Cat. No. EXTZ-492

Lot. No. (See product label)

Introduction

Description	Vitamin B9, also known as folic acid. It is found in a wide range of foods, including liver, dark green leafy vegetables, beans, wheat germ and yeast. Vitamin B9 is important for the formation of red blood cells and the growth and function of healthy cells. It is important in early pregnancy to reduce the risk of birth defects in the brain and spine.

Product Information

Form	powder