

!" #&/
4;O<548G=>3> 70AB>AC20==O ?@5?0@0BC
S!"
(FOLIC ACID)

!;:04:
4VNG0 @5G>28=0: :8A;>B0 D>;VT20;
1 B01;5B:0B8 D>;VT2>W C ?5@5@0EC20==V =0 100 % 1572>4=C @5G>28=C 1 <3 01> 5 <3;
4>?>28=8: 3;N:>70, <=>3V4@0B; <03=VN AB50@0B.

V:0@AL:0 D>>@0. "01;5B:8.

S0@<0>B5@0?52B8G=0 3@C?0.
=B80=518. \$;>;VT20 :8A;>B0 B0 WW ?>EV4=V.
>4 " 0301.

;V=VG=V E0@0:B5@8AB8:8.
>:070==O.

V:C20==O V ?@>DV:0:B8:0=02070=8E 7 45DVF8B>>D>;VT2>W :8A;>B8: <0:@>F8B0@=>W 0=575=VW, 28;:8:0=8E ;V:0@AL:8:8 70A>10<8 B0 V=>V7CNG>N @04V0FVTN; <530;>1;0AB=>W 0=5
AB@575:FV9=>W 0=51;0AB=>W 0=5 ;VB=L>3> 2V>C; 0=52070=8E 7 E2@>10<8 B=>=>W :8H:8, A?@C V A8=4@>><< <0;L01A>@1FVW;
- ?@>DV:0:B8:0 @>728B:C C ?>40 2@>465=8E 204: 45D5:BV2 =5@2>2>3> AB>21C@0, 3V4@>F5D0;VW, 2>2G>W ?0IV, 700G>W 3C18;<7>:28E 3@86;
- B@820;5 ;V:C20==O 0=B03>=>VAB0<8 D>;VT2>W :8A;>B8 (<5B>B@5:A0B; ;<1V=0FVO AC:LD0<5B0:A07>;-B@8<5B>?@8<8, ?@>B8AC4<<=<8 ?@5?0@0B0<8 (D5=VB>W=, ?@8=, D5=>10@1VB0);
- 45DVF8B D>;VT2>W :8A;>B8, ?>2070=>89 7 =5710;0=A>20=8< 01> =5704>2V;L=8< E0@GC20==O<;
- ;V:C20==O G>;>2VG>3> 157?;V440 2=0A;V4>; 7=865=>3> A?5@<0B>35=57C (?>V3>A?5@<
- ?>;V=52@8B8 B0 ?>;V=59@>?0BVW, C B>3>;L=>W 5BV>;>3VW.

@>B8?>:070==O.
V42815=0 GCB;82VABL 4> D>;VT2>W :8A;>B8 01> V=H8E :>=5=BV2 ?@5?0@0BC, 45DVF8B 2VBQ2, 7;>O:VA=V =>2>CB2>@5=O, 7;>O:VA=V 0=20=89 45DVF8B :>10;0

!?!>AV1 70AB>AC20==O B0 4>78.
@5?0@0B 70AB>A>2CTBLAO 2=CB@VH=L>.
;V:C20;L=>N <5B>N 4>@>A;8< B0 6V=>0< C ?5@V>4 3>4C20==O 3@C44N ?@87=0G0NBL 4> 5< 3=0 4>1C. C@A ;V:C20==O AB0=>28BL 20-30 4=V2. 5;>5=4CTBLAO ?@>2>48B8 2-3 :C@A8 7 ?5@5@2>N 2 1
AC20==O ?@5?0@0BC ?@>B03> B@820;>3> G0AC @5;>5=4CTBLAO :><1V=C20B8 7 ?@89>><< 2VB012 (FV0=>=>10;0
6V=>; 3@C78 @878:C @>728B:C C ?>40 2@>465=8E 204 ?@87=0G0NBL ?> 5<3 1>45=> ?@>B03< 4 B86=V2 ?5@54=0AB0==O< 203VB=>ABV B0 ?@>4>26CNBL ?@>B03< ?5@H8E 3 ABV.
;0 ?@>DV:0:B8:8 45DVF8B D>;VT2>W :8A;>B8, ?>2070=>3> 7 =5710;0=A>20=8< 01> =5704>2V;L=8< E0@GC20==O<; 1-5< 3=0 4>1C. C@A ;V:C20==O 20-30 4=V2.
'5@57 1 <5=4CTBLAO ?>2B>@8B8.
@8 <530;>1;0AB=V9 0=5 5 <3 D>;VT2>W :8A;>B8 =0 4>1C ?@>B03<< 4
0FVT=B0< V7 70E2>@N20==O< A?@C, 7 <0:@>F8B0@=>N 0=5

>1VG=V @50:FVW.
@5?0@0B ?5@5=>A8BLAO 4>1@5.
I>:C H:C=>2>=:8H;>2>3> B@0:BC =C4>B0, 74CBB0 682>B0, <5B5>@87<, 2V4GCBBO 3V@>B8 2 @>BV, 0=>@5:AVO.
I>:C VW A8A5<8: 0;5@3VG=V @50:FVW, 2 B>820==O, A25@1V6, 3V?5@B5@B=>VO, @>?;048 48E0==O C @57C;LB0BV 1@=>E>A?07

5@54>7C20==O.
8?04:V2 ?5@54>7C20==O =5 1C;> 70@5TAB@>20>@. @8 70AB>AC20==V =04W 4>78 <6;825 ?>A8;5=O ?>1VG=8E 5D5:BV2. 5@54>7C20==O D>;VT2>W :8A;>B8 <65 <0A:C20B8 45DVF8B 2VB012.

0AB>AC20==O C ?5@V>4 203VB=>ABV 01? 3>4C20==O 3@C44N.
>:070=5 70AB>AC20==O C @5;>5=4>20=8E 4>70E ?V4 G0A 203VB=>ABV 4;0 ?@>DV:0:B8:8 @>728B:C C ?>40 45D5:BV2 =5@2>2>3> AB>21C@0.
@5?0@0B<>6=0 70AB>A>2C20B8 C ?5@V>4 3>4C20==O 3@C44N 2 @5;>5=4>20=8E 4>70E. \$;>;VT20 :8A;>B0 ?@>=8:0T 2 @C4=5 <=>;>, I> <65 1CB8 :>@8A=8< 4;0 48B8=8.

VB8.
@>B8?>:070=> 70AB>AC20==O ?@5?0@0BC 4VBO

A>I;82>ABV 70AB>AC20==O.
@5?0@0B ?@87=0G0NBL 7 >15@56=VABN ?0FVT=B0< 7 0=5< ?>;53H5==O 35<0B>>3VG=8E ?@>02V2 E2@>18, 4>72>;ONG8 ?@8 FL>3@5AC20B8 =52@>;>3VG=8< CA:;04=5==07=>W 0=51EV4=>
70AB>A>2C20B8 ;8H5 @07<< 7 FV0=>=>10;0
"@820;89 ?@89< D>;VT2>W :8A;>B8, >A>1;82> C 28A>;8E 4>70E, =5 @5;>5=4CTBLAO G5@57 @878: 7=865=O :>=F5=B@0FVW 2 :@>2V FV0=>=>10;0
@5?0@0B7C, I> A;V4 2@0E>2C20B8 E2>@8<=0 FC:@>289 4V015B V ?0FVT=B0< 7 A8=4@>><< 3;N:>7>-30;0:B>7=>W @<0;L01A>@1FVW.

40B=VABL 2?;820B8 =0 H284:VABL @50:FVW ?@8 :5@C20==V 02B>B@0=A?>@B< 01> @>I>BV 7 V=H8<8 <5E0=V7<0<8.
5 2AB0=>2;5=> 2?;82C ?@5?0@0BC =0 740B=VABL :5@C20B802B>B@0=A?>@B< 01> V=H8<8 =5157?5G=8<8 <5E0=V7<0<8.

70T=>4VO 7 V=H8<8 ;V:0@AL:8<8 70A>10<8 B0 V=HV 2848 270T<>4V9.
?0FVT=B2 7 45DVF8B>>D>;0B0 70AB>AC20==O D>;VT2>W :8A;>B8 <65 7=878B8 @V25=L D5=>10@1VB0;C, D5=VB>W=C B0 ?@8=C C ?>072V B0 28;:8:0B8 5?V;5?B8G=89 =0?04.
5@>@0;L=V ?@>B870?;V4=V 70A>18, 5B0=>;, AC;LD0A0;078=, F8;=>A5@8=, 3;CB5B8
0A2>T==O D>;VT2>W :8A;>B8 7<5=HCTBLAO ?@8 4=>G0A=>AC20==V 7 0=0;35B8<0<8, ?@>B8AC4<<=<8 ?@5?0@0B0<8, 0=B0F840<8, E;>5AB8@0<8, AC;LD0=V;0<><, =5><, ?>;V
\$;>;VT20 :8A;>B0 ?V428ICT <5B01>;V7< D5=VB>W=C. 8?04:8 7=865==O G8 7 @1FVW <6CBL 7028B8A0 ?@8 4=>G0A=>AC20==V E;>5AB8@0;VT2>W :8A;>B8. "B@V1=> ?@89<0B8 70 1 3>48=C >0 1> G5@57 4-
6 3>48= ?>VA;O ?@89>;5AB8@0

S0@<0>;>3VG=V 2;0AB82>ABV.
\$0@<0>;>48=VNA;O ?@89>;VT20 :8A;>B0 2V4=>2;NTBLAO 4> B5B@03V4@>D>;VT2>W :8A;>B8, 0;0 T :>D5@<5=B><, I> 15@5 CG0ABL C @V7=><0=VB=8E ?@>F5A0E <5B01>;V7=0 =5>1EV4=0 4;O =>@<0;L=>3>
287@V20==O <530;>1;0ABV2 B0 CB2>@5=O =>@<1;0ABV2. !B8?>57, 15@5 CG0ABL C A8=B57V Q8A;>B (C B>CG0ABL 2 >1;V=C, V4 G0A 203VB=>ABV 28;>CT 70E8A=C DC=;FVN I>4> 4VW B5@0B>35=8E
D0:B>@V2 B0 D0:B>@V2, I> <6CBL ?>H>48B8 ?>V4, @>V< B>3>, A?@8OT =>@<0;L=>7@V20==N V DC=;FV>=C20==N ;0F5=B8.
\$;>;VT20 :8A;>B0 2V4V3@0T 206;82C @>L C ?@>F5AV 4>7@V20==O A?5@<0B>7>W4V2 V <65 28;>@8AB>2C20B8AL 4;O ;V:C20==O G>;>2VG>3> 157?;V440.
@8 45DVF8B D>;VT2>W :8A;>B8 @>72820TBLAO <530;>1;0AB=89 B8 ?@>2>B2>@5=O, C 203VB=8E 6V=>; F5 <65 7C>>28B8 @>728B>; C ?>40 2@>465=8E 204 (45D5:B =5@2>2>3> AB>21C@0, 3V4@>F5D0;VN
B->I-). 09206;82VH8< =0A;V4><< 45DVF8BC D>;VT2>W :8A;>B8 T 7<5=H5==O 740B=>ABV 2V4=>2;N20B8 CH>465=V B:0=8=8.
\$0@<0>;>:V=5B8:0 VA;O ?5@>@0;L=>3> ?@89>;VT20 :8A;>B0 4>1@5 V ?>2=VABN 2A<=>BCTBLAO 7V H;C=>2>=:8H;>2>3> B@0:BC ?5@5206=> C 25@E=L>W :8H:8. 0965 ?>2=VABN 72?0CTBLAO 7 1V;:0<8 ?>07<8
@>2V. 07=0T 0:B820FVW C ?5GV=V ?V4 4VTN D5@<5=BC 483V4@>D>;0B->@54C:B078, ?5@5B2>@NNG8AL C B5B@03V4@>D>;VT2C :8A;>BC. 0:A8<0;L=0 :>=F5=B@0FVO C :@>2V 4>AO30TBLAO G5@57 30-60
E2. 82>48BLAO =8@<0<8 ?5@5206=> C 283;04V <5B01>;VBV2; O:I> ?@89=OB0 4>70 7=0G=> ?5@528ICT 4>1>2C ?>B@51C C D>;VT2V9 :8A;>BV, B=>8@<8 ?>G8=0NBL 5A:@5BC20B8 2VB048BLAO 7 A5G5N H;0E>
<;C1>G>2>W DV;LB@0FVW; 5<3 ?5@>@0;L=>3> ?@89=OB>W D>;VT2>W :8A;>B8 282>4OBLAO 7>@30=V7G5@57 5 3>48=, V4 G0A 35<<4V0;V7C 2840;OTBLAO 7 A8A85<8 :@>2>>1V3C.

S0@<0F52B8=V E0@0:B5@8AB8:8.
A=>2=V DV78;>EVABV;B01;5B:8 4>7C20==O< 1 <3 2V4 A2VB;>6>2B>3> 4> 6>2B>3> ;>;L>@C, ?>;A>F8;V=4@8G=V 7 D0A;>N; B01;5B:8 4>7C20==O< 5 <3 2V4 6>2B>3> 4> B5<=>6>2B>3> ;>;L>@C,
?>;A>F8;V=4@8G=V 7 D0A;>N. 0 ?>25@E=V B01;5B:8 4>?CA:ONBLAO =57=0G=V 2@0?;5=O.

"5@ABV:3 @>:8.

#>28 715@V30==O.
15@V30B8 2 >@83V=0;L=V9 C70>2FV ?@8 B5! C =54>ABC?>>

#?0:>2:0.
> 50 B01;5B>; C :>=B59=5@V; ?> 1 :>=B59=5@C C ?0GFV.
> 10 B01;5B>; C 1;VAB5@V; ?> 5 1;VAB5@V2 C ?0GFV.

0B53>@VO 2V4?CA:C. 0 @5F5?B>

8@>1=8.
@" «"5E=>;>3>».

VAF57=0E>465=O.
20300, #:@0W=0,