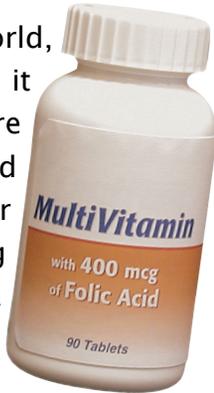


An Easy Habit for Healthy Living

Taking a daily multivitamin containing 400 mcg of folic acid is an easy way to make sure you get enough of this B-vitamin.

In today's fast-paced world, busy schedules often make it difficult to be sure you're getting the vitamins and minerals you need from your diet every day. Preparing healthy meals often takes a back seat to other activities, and even people who eat a balanced diet every day may not get enough folic acid from their diet alone. That's why it's important to take a multivitamin with folic acid each day.



To help you remember to take your multivitamin, get into the habit of taking it when you do another activity, like eating breakfast or packing lunches. This way, you won't miss out on the folic acid you need.



For information about folic acid in English call 800-232-4636.

Para más información sobre el ácido fólico llame al 800-504-7081.



www.folicacidinfo.org

The National Council on Folic Acid (NCFA) is a partnership of nearly 100 organizations whose mission is to improve health by promoting the benefits and consumption of folic acid. NCFA is supported in part by a cooperative agreement with the Centers for Disease Control and Prevention. NCFA does not endorse products.

*NCFA is managed by the
Spina Bifida Association*
www.spinabifidaassociation.org

This brochure was adapted by the Florida Folic Acid Coalition, University of Florida, from a brochure originally developed by NCFA.



FOLIC ACID

You Don't Know What You're Missing!



Folic acid is an important vitamin for healthy living.



Take folic acid for yourself and for those you love.

Even women who put a lot of thought and planning into eating the right foods can miss out on important vitamins.

The National Council on Folic Acid recommends that all women who can become pregnant consume 400 micrograms (mcg) of folic acid daily to prevent serious birth defects of the brain and spine.

Folic acid is a B-vitamin that is needed for proper cell growth. It is found in most standard multivitamins, as well as in fortified foods like cereal, bread and pasta. To get enough folic acid, women should take a daily multivitamin and eat fortified grains as part of a healthy, well-balanced diet.

Folic Acid

You Don't Know What You're Missing!

FOLIC ACID IS ESSENTIAL FOR THE HEALTH OF YOUR BABY

Studies have shown that, if taken before and during early pregnancy, folic acid can dramatically reduce the number of birth defects of the brain and spine called neural tube defects. New research also suggests that folic acid might reduce the risk of other birth defects, such as cleft lip and palate and some heart defects.

Half of all pregnancies are unplanned; that's why it's so important to start taking a multivitamin with folic acid now, even if you're not planning a pregnancy.

Getting 400 micrograms of folic acid each day might also help protect against disease and promote long-term health. New research indicates that folic acid may reduce the risk of heart disease, as well as certain cancers.

