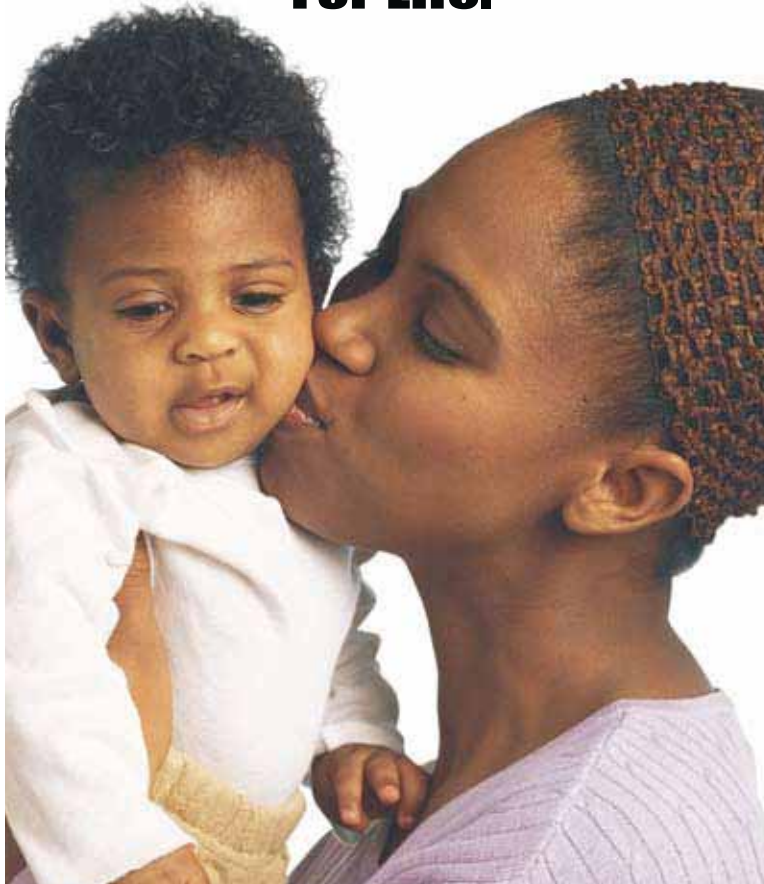


Multivitamins For You, For Your Baby, For Life.



There are lots of great reasons to take multivitamins.

Having a baby is one of them. Make sure you take a daily multivitamin containing 400 mcg of folic acid at least one month before becoming pregnant. Studies show this may reduce the risk of neural tube birth defects such as spina bifida by as much as 70 percent. Multivitamins can do you a world of good, too. They may give you stronger bones and prevent cancer and heart disease. To learn more, call the CARE-LINE at 1-800-662-7030 or visit www.getfolic.com.

MULTIVITAMINS
TAKE THEM FOR LIFE



WHY YOU SHOULD TAKE A DAILY **MULTIVITAMIN**

whether you're planning to have a baby or not.

In life, you have to expect the unexpected — especially when it comes to having children. In fact, half of all pregnancies are unplanned. That's why the U.S. Public Health Service recommends taking 400 mcg of folic acid every day. When taken at least one month before becoming pregnant, folic acid may dramatically lower the risk of birth defects involving the brain and spinal cord. The best way to get the folic acid you need is to take a daily multivitamin. It costs just pennies a day and is easy to take.

DID YOU KNOW...

- Folic acid is a B vitamin that can be found in a variety of foods, from green vegetables to enriched breads, pastas, rice and cereals. But to make sure you get the recommended daily amount, your best bet is to take a multivitamin containing 400 mcg of folic acid.
- If you have trouble swallowing multivitamins, buy the chewable kind.
- Many generic multivitamins are just as effective as name brands and often cost less.
- Multivitamins are part of a healthy lifestyle. Make sure you eat right, exercise regularly and get plenty of rest.

For more information, visit www.getfolic.com
or call the N.C. CARE-LINE at 1-800-662-7030 (English/Spanish)
TTY: 1-877-452-2514

