

## Take a Multivitamin and You Can Take Just About Anything.




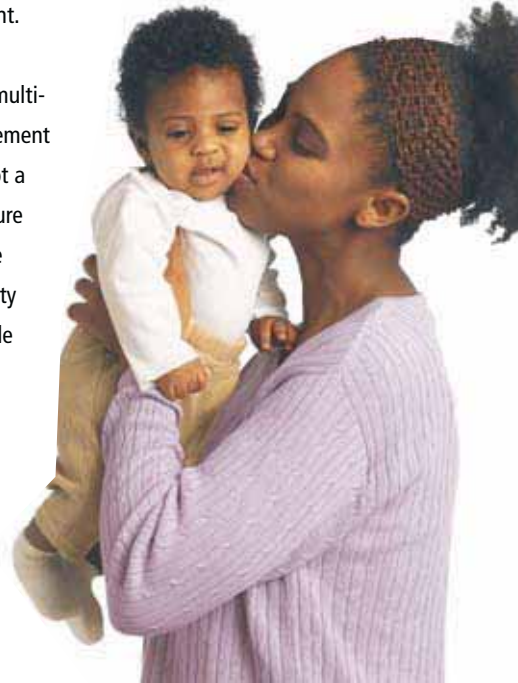
Busy doesn't even begin to describe your schedule. Your life is a whirlwind of work, school, family, friends and fun. Only trouble is, between taking care of your homework and your housework and your car and your cat, you can sometimes forget to take care of yourself.

That's why a daily multivitamin is so important. It's packed with the vitamins and nutrients you need to stay healthy.

Multivitamins don't cost very much — just a few pennies per day. They may keep your bones strong and

help prevent heart disease and cancer. And if you take a daily multivitamin containing folic acid at least one month before getting pregnant, you may reduce the risk of birth defects such as spina bifida by as much as 70 percent.

Just remember that multivitamins are a supplement to a balanced diet, not a substitute. So make sure you eat right, exercise regularly and get plenty of rest. With a schedule as jammed as yours, you'll need it.



# DID YOU TAKE YOUR MULTIVITAMIN TODAY?

*Detach and keep this card handy for quick reference. Put in your purse, place it by your bathroom mirror or stick it on your refrigerator door.*



## Tips on Taking Multivitamins

To get the most out of multivitamins, you need to take one every day.

- Combine taking multivitamins with another everyday activity, such as eating your breakfast or brushing your teeth.
- Place your bottle of multivitamins where you're likely to see it — on your kitchen counter, for example, or next to your car keys.
- If you have trouble swallowing multivitamins, buy the chewable kind.
- Check the expiration date on the bottle. Multivitamins can lose much of their potency if they've been sitting on the shelf too long.
- Many generic multivitamins are just as effective as name brands and often cost less.

For more tips, visit [www.getfolic.com](http://www.getfolic.com)



# TAKE CARE OF YOUR BODY TAKE CARE OF YOURSELF

Your Guide to Multivitamins



# MULTIVITAMINS

TAKE THEM FOR LIFE

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

TTY: 1-877-452-2514



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