

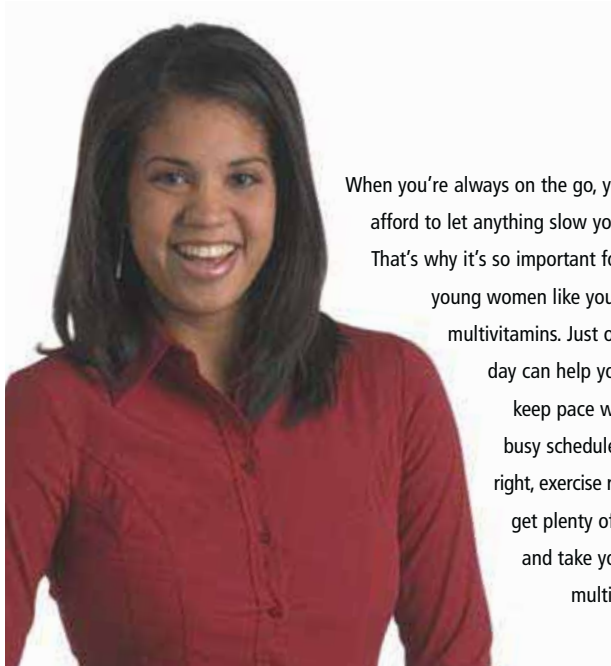
# Take Control of Your Life, Take Care of Yourself.



**There are lots of great reasons to take multivitamins.**

Along with a balanced diet and regular exercise, they're a good way to stay in good health. For just pennies a day, multivitamins may help lower your risk of cancer, heart disease and osteoporosis as well as prevent some birth defects. For a healthy, happy you, take a multivitamin every day. To learn more, call the CARE-LINE at: 1-800-662-7030 or visit [www.getfolic.com](http://www.getfolic.com).

**MULTIVITAMINS**  
TAKE THEM FOR LIFE



When you're always on the go, you can't afford to let anything slow you down. That's why it's so important for active young women like you to take multivitamins. Just one each day can help your body keep pace with your busy schedule. So eat right, exercise regularly, get plenty of rest — and take your daily multivitamin.

## DID YOU KNOW...

- You need to take one multivitamin every day. So place your bottle of multivitamins where you're likely to see it — on your kitchen counter, for example, or next to your car keys.
- Multivitamins are easier to digest when taken with one of your daily meals. Plus, by making them part of your everyday routine, you're less likely to forget to take them.
- If you have trouble swallowing multivitamins, buy the chewable kind.
- Multivitamins cost only pennies a day. Many generic multivitamins are just as effective as name brands and often cost less.
- Despite what you may have heard, multivitamins do not make you gain weight.

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