

NORTH CAROLINA



**Ordering Tips**

- Specify both the # of packs and total quantity, for example:  
for FA1, 5 packs = 500 total
- Health Fairs: order no more than half expected attendance
- No orders outside North Carolina
- Keep a copy of your order
- Allow 3 weeks for delivery

**October 2010 Order Form  
For FREE Materials**

**MULTIVITAMINS**  
TAKE THEM FOR LIFE

Duplicate form as needed

Example: FA1 5 packs = 500 total

Brochures	Quantity	# Packs	Total	Item
Take Care of Your Body Brochure	100 / pk			FA1
Mujer Prevenida Vale por Dos Fotonovela	100 / pk			FA2
Take Control Card	100 / pk			FA3
For Your Baby Card	100 / pk			FA4
Busy Woman's Guide/Guía para la mujer Card	100 / pk			FA6
¡Felicidades: Información para la nueva mamá! Brochure	100 / pk			FA7
The Healthier I Am, the Happier I Am Card	100 / pk			FA8

Reminder Items	Quantity	# Packs	Total	Item
Lip balm (English/Spanish) Limit 1 pack	50 / pk			FA17

Videos	Quantity	Format	Total	Item
Combo DVD: Four videos on one DVD Limit 1 copy	Limit 1	DVD		FA24

Posters	Quantity	# Packs	Total	Item
At Our Best	Any	N/A		FA25
Both of Us	Any	N/A		FA26
Mujer Prevenida Vale por Dos	Any	N/A		FA27

Name \_\_\_\_\_

Agency \_\_\_\_\_

Dept \_\_\_\_\_ Phone \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_

No delivery without street address. This is a:  business address  residential address

PO Box \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Order Date \_\_\_\_\_ Date Needed \_\_\_\_\_

**Mail to:** Shipping Dept., North Carolina Healthy Start Foundation  
1300 St. Mary's St., Suite 204, Raleigh, NC 27605

**FAX to:** 919-828-7470

**Shipping phone #:** 919-256-3581



A PDF of this order form is available at [www.getfolic.com](http://www.getfolic.com)  
For more information about folic acid call the N.C. CARE-LINE at 1-800-662-7030.

## Brochures ...

- FA1 Take Care of Your Body, Take Care of Yourself. Your Guide to Multivitamins.**  
Encourages young women to find time in their busy schedules to take a multivitamin. Includes tips on taking a multivitamin daily to get the most out of them. 4" x 6" brochure
- FA2 Mujer Prevenida Vale por Dos**  
*(A Prepared Woman is Worth Double)*  
A fotonovela (picture story) of Ana María explaining the importance of a daily multivitamin with folic acid. Spanish only. 3.5" x 8.5" brochure
- FA3 Take Control of Your Life, Take Care of Yourself.** Young woman explains there are lots of great reasons to take multivitamins. For just pennies a day, they are a good way to stay in good health. 4" x 9" card
- FA4 Multivitamins for You, for Your Baby, for Life.** Young mother explains there are lots of great reasons to take multivitamins. Having a baby is one of them. 4" x 9" card
- FA6 The Busy Woman's Guide to Multivitamins/ Guía para la mujer sobre las multivitaminas**  
(English/Spanish) This handy bilingual card provides information about multivitamins. It also teaches how to check a multivitamin label for folic acid. 3" x 5" card
- FA7 ¡Felicidades: Información para la nueva mamá!** *(Congratulations! Information for new moms!)* A culturally-appropriate Spanish postpartum brochure that encourages Latina women to continue their good habit by replacing their prenatal vitamin with an over-the-counter multivitamin containing folic acid. It includes specific messages about diet and postpartum depression. 4" x 9" brochure
- FA8 The Healthier I Am, the Happier I Am.**  
A woman explains there are lots of great reasons to take multivitamins. For just pennies a day, they are a good way to stay in good health. 4" x 9" card

## Reminder Items ...

- FA17 Lip balm** (English/Spanish)  
Flavored lip balm (SPF15) in a white and green tube has the messages: Multivitamins Take Them for Life \* Multivitaminas Tomar multivitamina hoy es amar a tu bebé mañana

## Videos ...

### FA24 Combo DVD: Four titles on one DVD

**What is Folic Acid?** Explains the role of folic acid in preventing neural tube defects before pregnancy. English: 6 minutes

**Folic Acid for a Healthier Tomorrow**  
North Carolina women talk about why they need folic acid. Closed-captioned.  
English: 9 minutes

**Tres Hermanas** This video (*Three Sisters*) follows a family discussion the importance of a multivitamin before, during and after pregnancy. Spanish: 8 minutes

**¿Tomaste tu Vitamina Hoy?** (*Have you taken your vitamin today?*) Ana María and friends talk about taking a multivitamin with folic acid and eating healthy. Spanish: 14 minutes

## Posters ...

- FA25 At Our Best.** "We can't be our best if we don't feel our best." Features a group of young women. Message: There are lots of great reasons to take multivitamins. 11" x 17"
- FA26 Both of Us.** "I want to stay healthy for the both of us." Features a mother and infant. Message: There are lots of great reasons to take multivitamins. 11" x 17"
- FA27 Mujer Prevenida Vale por Dos**  
*(A Prepared Woman is Worth Double)*  
Ana María lets Latinas know about their increased risk for having a baby with certain birth defects of the spine and the benefits of a multivitamin. Spanish only. 11" x 17"