The Busy Woman's Guide To Multivitamins

- Taking a multivitamin with 400 mcg of folic acid every day may lower your risk of cancer, heart disease and osteoporosis
- It may also help prevent birth defects like spina bifida
- When buying multivitamins, check the label to make sure they contain 100% of the recommended daily amount of folic acid or folate
- Store brands are just as effective as name brands and often cost less
- You do not need a prescription to buy multivitamins
- Multivitamins do NOT make you gain weight

Supplement Facts
Serving Size: 1 tablet

	Amount Per Serving	% Daily Value
Vitamin A	5000IU	100
Vitamin C	60mg	100
Vitamin B6	2mg	100
Folic Acid	400mcg	100
Vitamin B12	6mcg	100

MULTIVITAMINS

www.getfolic.com • The CARE-LINE: 1-800-662-7030

xxx,xxx copies of this public document were printed at a cost of $x.xxx or $.xxx each (mm/yy)