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.

MULTIVITAMINS

TAKE THEM FOR LIFE





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 loss.
- Despite what you may have heard, multivitamins do not make you gain weight.

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







