



Here are some ways to stay healthy **EVERY DAY**:

Exercise - 30 minutes daily
Vitamin - 400 micrograms of folic acid daily

Educate yourself about medicines and toxins that can cause birth defects

Reproductive life planning

Yearly doctor visits to discuss physical and mental wellness

Diet - vegetables, fruits and whole grains daily

Avoid tobacco, drugs and alcohol

Your partner, friends, and family should be sources of support



www.everywomancalifornia.org

Folic Acid

What is Folic Acid?

Folic acid is a vitamin your body needs every day to be healthy. It can reduce your risk of some diseases. You need folic acid for the growth and repair of every cell in your body. Hair, skin, and nails grow every day, so you need folic acid every day. If you get pregnant, it can help prevent birth defects of the brain or spine in the baby. But it only helps if you start taking it several months **before** you get pregnant. That's why health experts say that all women should take folic acid every day. Then, if they get pregnant they will lower their chances of having a baby with a birth defect.

How does Folic Acid prevent birth defects?

Folic acid helps a baby's brain and spine form properly. Certain birth defects of the brain and spine are called neural tube defects. These defects can cause a child to be paralyzed or even cause death. Folic acid also helps prevent birth defects of the heart, lip or mouth. These birth defects happen very early in pregnancy, before you may know you are pregnant. Doctors say that all women who could get pregnant should take 400 micrograms (mcg) of folic acid every day.

Where can I get Folic Acid?

Folic acid is in many foods, but it is hard to get enough from your diet. It is better to take a multivitamin every day. Make sure the vitamin has at least 400 micrograms (mcg) of folic acid. You don't need a prescription. Your pharmacist can help you find one that doesn't cost much. You can also get enough folic acid from some breakfast cereals. Check the Nutrition Facts label to see which cereals have 100% of the Folic Acid or Folate you need.

Supplement Facts		
Serving Size: One Tablet		
Amount Per Serving	% Daily Value	
Vitamin A	5000 IU	100%
Vitamin C	60 mg	100%
Vitamin D	400 IU	100%
Vitamin E	30 IU	100%
Vitamin K	25 mcg	31%
Thiamin (B1)	1.5 mg	100%
Riboflavin (B2)	1.7 mg	100%
Niacin	20 mg	100%
Vitamin B6	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B12	6 mcg	100%

Folic acid is good for you **now**, and it can help prevent birth defects if you get pregnant **later**.