

Folic Acid:

Are you getting enough?

If you are:



a woman who could become pregnant



planning a pregnancy

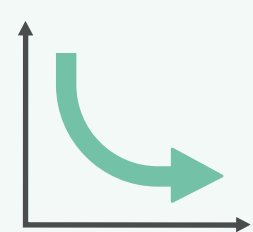


pregnant or breastfeeding

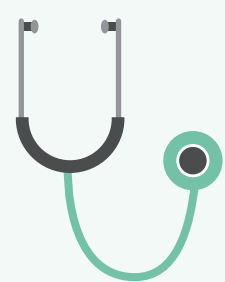
Take a multivitamin with
0.4 mg of *folic acid* every day.



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Folic acid helps reduce the risk of having a baby with birth defects of the spine and brain, commonly known as neural tube defects.



Some women may need more folic acid, if you have questions, talk to your health care provider.

Visit canada.ca and search *folic acid* for more information



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