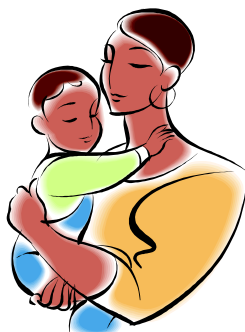


# FOLIC ACID

Folic acid is a B-vitamin that helps keep women healthy.

It can prevent birth defects should a woman become pregnant.

*Women need to get enough folic acid every day. Most women should consume 400 micrograms (or .4 milligrams) of folic acid daily.*



Even if you are healthy and eat a good diet:

- take a multivitamin with iron or prenatal vitamins that provide 400 mcg of folic acid (see the other side of this card), or
- eat fortified breakfast cereal every day that has 100% of the recommended daily amount of folic acid (400 micrograms).

Ask your healthcare provider for more information about folic acid.

*WIC is an equal opportunity provider and employer.*

# Which Vitamin is Right for You?

## Multivitamins with Iron

**Most women of childbearing age should take a multivitamin with iron every day.**

Along with a balanced diet, a daily multivitamin with iron can help keep women healthy.

Multivitamins with iron provide folic acid (see the other side of this card). They also provide Vitamin D to build strong bones, and the iron helps to build healthy blood.

Talk with your healthcare provider about multivitamins with iron.

*Note: Women under 21 years old who receive BadgerCare (have a current Forward Card) should request a prescription for multivitamins with iron from their healthcare provider. A check-up, called a HealthCheck, is needed for BadgerCare to pay for the supplements.*

## Prenatal Vitamins

Prenatal vitamins provide folic acid (see the other side of this card), plus Vitamin D, iron and other nutrients that can keep pregnant and breastfeeding women healthy.

Pregnant and breastfeeding women should request a prescription for prenatal vitamins from their healthcare provider.

*Note: Most women can continue to take leftover prenatal vitamins after their baby is born even if they are not breastfeeding. Check with your healthcare provider about continuing to take your prenatal vitamins.*

**Keep vitamins out of the reach of children.**