

BEFORE YOU KNOW IT

your baby is this big.

You just found out. You're pregnant! For you, the hopes and dreams begin. But your baby's brain and spine have been growing for weeks now. It's too late to prevent some types of serious birth defects. That's why it's so important to get enough folic acid every day long **before** you realize you're pregnant. Most women don't get enough of this B vitamin in their daily diets. An easy way to get folic acid is in a vitamin supplement or multivitamin. Breakfast cereals, breads, and pastas have folic acid, too, but it takes careful planning every day to get enough.

Congratulations, Mom. And thanks for taking folic acid in time!



FOLIC ACID NOW

The time to prevent birth defects
is **before** you know you're pregnant.



QUESTIONS? 1-800-232-4636 (CDC-INFO)