

## Take 400 Micrograms of Folic Acid Every Day: ASL Translation – Audio Description Transcript

Vyron Kinson, PDIC (in American Sign Language): Best for you. Best for baby. Tip: Be sure to take 400 micrograms of folic acid every day.

Learn more about preventing birth defects at: [www.cdc.gov/ncbddd/birthdefects/index.html](http://www.cdc.gov/ncbddd/birthdefects/index.html)