

Before You Know It (Audio PSA transcription)

00:15 English:

Before you know you're pregnant that's when you need folic acid, every day. After that it's too late to prevent some serious birth defects. Folic acid now, before you know it.

00:30 English:

Before you know it, she talks. Before you know it, she walks. Before you know it, she knows you. Before you know it, she has a heart. Before you know you're pregnant, when your baby's no bigger than a grain of rice, before she's a twinkle in your eye, that's when you need to take folic acid, every day. After that, it's too late to prevent some serious birth defects. Folic acid now, before you know it.

00:15 Spanish:

Antes de saber que estas embarazada es entonces que debes tomar ácido fólico diario porque después ya es demasiado tarde para prevenir algunos defectos de nacimiento graves. Ácido fólico ahora, antes de que sepas que estás embarazada.

00:30 Spanish

Antes de que te des cuenta, ya habla. Antes de que te des cuenta, ya camina, ya te conoce, ya tiene corazón. Antes de saber que estás embarazada, cuando tu bebé es el tamaño de un granito de arroz, antes de que la veas con el ojo de la mente, es entonces que debes tomar ácido fólico diario porque después ya es demasiado tarde para prevenir algunos defectos de nacimiento graves. Ácido fólico ahora, antes de que sepas que estás embarazada.

Ready, Not (Audio PSA transcription)

00:15 English:

You have lots to do before you have a baby but don't forget to take folic acid today, and every day, to prevent birth defects one special day. So when all of you is ready- that baby of yours will be ready to take on the world.

00:30 English:

Ready? Not! Ready? Not!

Your body's been ready for quite some time, but not your mind. You have lots to do before you have a baby but don't forget to take folic acid today, and every day, to prevent birth defects one special day. So when all of you is ready- that baby of yours will be ready to take on the world. Ready? Not! Ready.