



YOU DESERVE  
to be your very best!

Folic acid is a B vitamin that is needed to make new cells. It is found in some multivitamins and foods labeled as enriched.

Your body makes new cells every day—blood, skin, hair, nails and others.

MAKE GOOD  
HEALTH

Start a healthy habit. Get 400 micrograms of folic acid every day!

a habit for  
**LIFE!**  
Start today.

Take a multivitamin with 400 micrograms (mcg) of Folic Acid daily.

Eat right by choosing food rich in folate.

An easy way to be sure you're getting enough folic acid is to take a daily multivitamin with folic acid in it. Most multivitamins have all the folic acid you need. If you get an upset stomach from taking a multivitamin, try taking it with meals or just before bed. If you have trouble taking pills, you can try a multivitamin that is gummy or chewable. Also be sure to take it with a full glass of water.

Folic acid has been added to foods such as enriched breads, pastas, rice and cereals. Check the Nutrition Facts Label on the food packaging. A serving of some cereals has 100% of the folic acid that you need each day.

In addition to getting **400 mcg of folic acid** from supplements and fortified foods, it is important to eat a diet rich in folate. Folate is a form of the B vitamin folic acid. It is found naturally in some foods, such as leafy, dark green vegetables, citrus fruits and juices, and beans.

You never know when you might become pregnant. Having enough folic acid in your body before you become pregnant and during early pregnancy helps prevent some birth defects of the brain and spine. Be ready when the time comes!



For More Information – Call 1-800-CDC-INFO (800-232-4636), visit CDC's website at [www.cdc.gov/ncbddd/folicacid](http://www.cdc.gov/ncbddd/folicacid), or ask your doctor for more information.

