

# B Before you know you're pregnant...



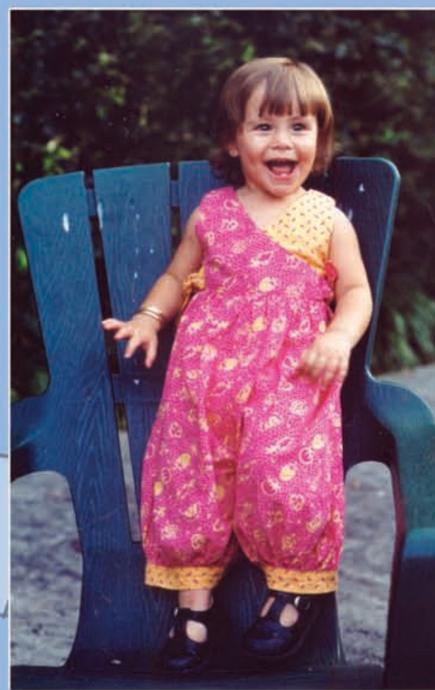
One of the strongest instincts of life is to protect your baby. But you don't have to wait until you see your baby for the first time. You can start taking care of your baby today before you become pregnant.



## Folic Acid

The B vitamin folic acid can help prevent some serious birth defects of the baby's brain and spine.

That is why it is so important to take folic acid... even if you're not planning to have a baby yet. Unplanned pregnancies happen every day. You can get folic acid in a multivitamin and in some enriched foods such as breakfast cereals. Getting enough folic acid requires a small effort, but it can make a big difference.



Information: 1-800-232-4636 (CDC-INFO)  
[www.cdc.gov/ncbddd/folicacid](http://www.cdc.gov/ncbddd/folicacid)



Every Woman,  
Every Day!

