

You may **not** **not**

be **ready** to have a baby,

ready

but your body's been preparing for years.



FOLIC ACID NOW

So your body's ready when you are.



You have lots to do before motherhood. But make sure to take folic acid today — and every day. Whether you get it in a pill by itself, in a multivitamin, or in foods like breakfast cereals, breads and pastas, this essential B vitamin helps prevent some serious birth defects in babies. 1-800-232-4636 (CDC-INFO)

