

FOLIC ACID

What is it and why is it important?



1

Folic acid is a B vitamin that can be found in some multivitamins and foods labeled as enriched.

Supplement Facts		
	Amount Per Serving	% Daily Value
Folic Acid	400 mcg	100%
Vitamin B12	6 mcg	100%
Pantothenic Acid	5 mg	50%
Calcium	450 mg	45%
Iron	18 mg	100%
Magnesium	50 mg	12%
Zinc	15 mg	100%

Get 400 micrograms of folic acid every day! It takes a small effort, but it makes a big difference.

2

3

Consuming folic acid before, during, and after pregnancy can prevent many serious birth defects of the brain and spine.



4

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.



5

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.

For more information, visit our website at birthdefects.in.gov



Folic acid for a healthy baby
Indiana Birth Defects and Problems Registry

