



# Folic Acid

**Take it. Seriously.**

If there's any chance you could become pregnant, you need to get enough folic acid every day. Folic acid is the B vitamin that, when taken before pregnancy, has been proven to prevent serious birth defects such as spina bifida. It may also protect you from heart disease and certain cancers.

## **Take it now.**

Half of all pregnancies are unplanned. That's why now is when to be taking folic acid. Because, by the time you know you're pregnant, your baby's brain and spinal cord have already developed.

## **Take it every day.**

You need 400 mcg (micrograms) or 0.4 mg (milligrams) of folic acid daily. Make it part of your routine — when you first get up in the morning, brush your teeth, or eat a meal. If you've already had a baby with a birth defect, be sure to talk to your doctor. You may need to take even more folic acid.

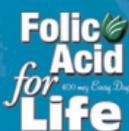
## **Take it this way.**

An easy way to be sure you are getting enough is to take a daily multi-vitamin or folic acid supplement. Or you can eat cereal that is 100% fortified with folic acid. Foods made from enriched flour or grain, like bread, pasta, and rice, are now fortified with folic acid too. But be sure to check the nutrition information to find out how much of the daily requirement these foods contain.

## **Take our word for it.**

The Institute of Medicine, Centers for Disease Control and Prevention, the March of Dimes, and the Indiana State Department of Health recommend that all women of reproductive age take folic acid.

To find out more, call us at **1-800-433-0746** or **1-866-275-1274 TTY/TDD** or visit our website at **[www.in.gov/isdh/programs/folicacid](http://www.in.gov/isdh/programs/folicacid)**



Indiana State  
Department of Health