

# FOLIC ACID PROTECTS

your heart,  
your health,  
your future children.

Even If You're Not Planning to Have a Baby

## Take A Vitamin...

- Almost every multivitamin has all the folic acid (a B vitamin) that you need.

## ...and Eat Right.

- Fruits & Vegetables
- Cereal (fortified)
- Orange Juice

If you take folic acid **BEFORE** getting pregnant and early in your pregnancy, you will protect your child from birth defects of the spine and brain.

**Just take folic acid EVERY DAY...**  
half of all pregnancies are not planned.

[www.health.state.mn.us/divs/eh/birthdefects](http://www.health.state.mn.us/divs/eh/birthdefects)



# Pregnant? you should know . . .

If you are exposed to lead, your baby could be at risk for lead poisoning.

Lead that is in your body will go into your baby...

Be on the safe side,  
Ask your doctor to  
check if lead is a  
problem for you.

[www.health.state.mn.us/divs/eh/lead](http://www.health.state.mn.us/divs/eh/lead)