

Folic Acid For Yourself And For Your Family

(NAPSA)—Here's an easy way to be good to yourself—take a multivitamin with folic acid every day. Folic acid is an important nutrient for men and women. Everyone needs it to create healthy new cells every day.

Women especially need folic acid, because taking folic acid before pregnancy reduces the risk of Spina Bifida and other serious birth defects up to 70 percent.



Health professionals advise you to take a vitamin supplement as part of your daily routine.

“It’s so important for women to do what they can and take a multivitamin with folic acid every day. Before my pregnancy I didn’t know about Spina Bifida,” said a mother of a 6-year-old living with the birth defect. “My daughter is such a wonderful little girl, but it’s sometimes hard for me to see her struggle to fit in with other kids. I want all women to know about folic acid. I will do whatever I can do to help prevent another birth affected by Spina Bifida.”

To learn more: visit the Spina Bifida Association at www.sbaa.org or call (800) 621-3141.