

Go Folic!

*For a healthy pregnancy ...take folic acid (Vitamin B9)
before you conceive*

Visit the **Go Folic!** website and discover why it is really important to take folic acid (Vitamin B9) before you get pregnant.

Plus

- News • Facts • Recipes
- Advice • Features
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ANNOUNCEMENT

Website now live!
www.gofolic.co.uk

We think you'll like it!



WE'LL LIVE WELL BEFORE YOU CONCEIVE
HY FAMILY GO FOLIC

Go Folic!

The NHS recommends that women who might become pregnant should take folic acid (Vitamin B9).

Why? Folic acid supports the healthy development of a baby's brain and spinal cord. Taking it as recommended will help stop Neural Tube Defects (NTDs) such as spina bifida, which happen in the first 28 days of pregnancy.

The effects of NTDs can range from nerve damage to incomplete brain development in severe cases.

Folic acid tablets are on sale in chemists, supermarkets and health stores and some women can get folic acid free on prescription.

Many multivitamin formulas also contain 400mcg of folic acid so check the labels.

Women are recommended to take a daily tablet containing 400mcg of folic acid BEFORE they conceive and during the first 12 weeks of pregnancy. Ideally, you should begin taking folic acid tablets at least three months before conception.

PS (Important!)

Some women have an increased risk of having a baby with a Neural Tube Defect (NTD) and they need a higher dose of folic acid.

You should ask your GP about having the higher dose of 5mg if:

- You or your partner have an NTD or a family history of NTD
- You have diabetes
- You take anti-epilepsy medication
- You have coeliac disease.
- You are very overweight (ie you have a BMI over 30)

This higher dose is only available on prescription from your GP.

Find out more at www.gofolic.co.uk



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