

Female? Having Sex? Then before you frolic **Go Folic!**



- *If you are having sex there's always a chance that you could become pregnant, even if you're not trying to!*
- *Take a vitamin tablet containing 400mcg of folic acid every day in case you get pregnant.*
- *Folic acid (vitamin B9) can help to protect your unborn baby from serious conditions like spina bifida. But it needs to be in your body before you get pregnant ...*
- *40% of pregnancies in the UK are unplanned.*

*It's never too early ...
but it can be too late!*

*For more information, news, interviews, fun and folic freebies please go to
www.gofolic.co.uk*