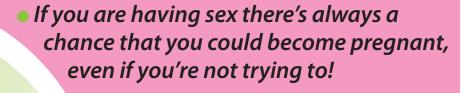
## Female? **Having Sex?** Then before you frolic





- 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!

Folic Acid

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



