

FOLIC ACID

What is it and why is it important?



1

Folic acid is a B vitamin that can be found in some multivitamins and foods labeled as enriched.

Supplement Facts		
	Amount Per Serving	% Daily Value
Folic Acid	400 mcg	100%
Vitamin B12	6 mcg	100%
Pantothenic Acid	5 mg	50%
Calcium	450 mg	45%
Iron	18 mg	100%
Magnesium	50 mg	12%
Zinc	15 mg	100%

Get 400 micrograms of folic acid every day! It takes a small effort, but it makes a big difference.

2

3

Consuming folic acid before, during, and after pregnancy can prevent many serious birth defects of the brain and spine.



4

Folate is a form of the B vitamin folic acid. It is found naturally in some foods, such as leafy, dark green vegetables, citrus fruits and juices, and beans.



5

An easy way to be sure you're getting enough folic acid is to take a daily multivitamin with folic acid in it. Most multivitamins have all the folic acid you need.

For more information, visit our website at birthdefects.in.gov



Folic acid for a healthy baby
Indiana Birth Defects and Problems Registry



ASID FOLIK

Kisa li ye ak poukisa li enpòtan?



1

Asid folik se yon vitamin B nou ka jwenn nan kèk miltivitamin ak manje ke yo idantifye kòm manje ki anrichi yo.

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Pran 400 mikwogram asid folik chak jou!
Sa mande yon ti efò, men li ka fè yon gwo diferans.

2

3

Konsomasyon asid folik anvan, pandan, ak aprè gwosès ka prevni anpil malfòmasyon nan nesans ki grav nan sèvo a ak nan kolòn vètebral la.



4

Folat se yon fòm asid folik vitamin B. Yo natirèlman jwenn li nan kèk manje, tankou legim ki gen fèy vè fonsè, fwi agrim ak ji agrim, ak pwa.



5

Yon fason ki fasil pou sèten ke w ap pran ase asid folik se pran yon miltivitamin chak jou ki gen asid folik nan li. Pifò miltivitamin yo genyen tout asid folik ou bezwen an.

Pou jwenn plis enfòmasyon, vizite sit entènèt nou an nan birthdefects.in.gov



Asid folik pou yon tibebe ki an sante
Rejis sou Malfòmasyon ak Pwoblèm Konjenital nan Indiana

