



Readily Absorbable Folic Acid 400mcg



think
pregnancy

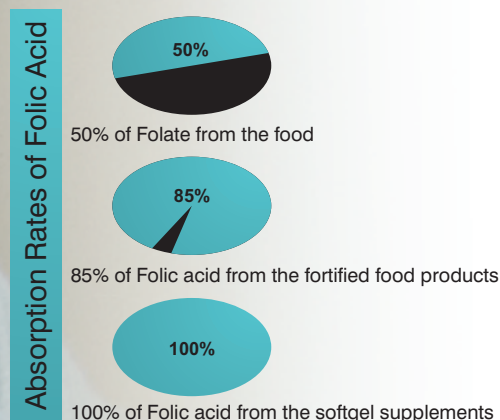
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Importance of Folic Acid Supplementation

"The U.S. Preventive Services Task Force recommends that all women who could become pregnant get between 400-800 micrograms of folic acid daily. Studies show that if all women consumed the recommended amount of folic acid before and during early pregnancy, up to 70 percent of all neural tube defects could be prevented. Recent studies indicate that folic acid supplementation may have added benefits for women's health."



Folic acid benefits:

- Reduces by 70% the risk of neural tube defects
- May reduce the risk for low birth weight/premature babies
- May reduce the risk of other birth defects, such as cleft lip and palate
- Before conception reduces infant morbidity and mortality associated with folic acid deficiency

American Pregnancy Association recommends that all women of childbearing age must consume

400mcg Folic acid daily

Recommended intake: One softgel pearl once or twice daily

Safety: The daily intake of Folic acid up to 1,000mcg is safe for longer use

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