

## Multivitamin Dosing Instructions:

### Taking a Multivitamin Capsule

1



Take **1 capsule every day**.

2



It may help to **take your multivitamin with food**.

3



**Drinking liquids** may help you swallow your multivitamin.

## Track Your Daily Multivitamins:

Everyday you take your multivitamin, mark the matching date on your calendar.

January	February	March	April	May	June	July	August	September	October	November	December
1		1	1	1	1	1	1	1	1	1	1
2	1	2	2	2	2	2	2	2	2	2	2
3	2	3	3	3	3	3	3	3	3	3	3
4	3	4	4	4	4	4	4	4	4	4	4
5	4	5	5	5	5	5	5	5	5	5	5
6	5	6	6	6	6	6	6	6	6	6	6
7	6	7	7	7	7	7	7	7	7	7	7
8	7	8	8	8	8	8	8	8	8	8	8
9	8	9	9	9	9	9	9	9	9	9	9
10	9	10	10	10	10	10	10	10	10	10	10
11	10	11	11	11	11	11	11	11	11	11	11
12	11	12	12	12	12	12	12	12	12	12	12
13	12	13	13	13	13	13	13	13	13	13	13
14	13	14	14	14	14	14	14	14	14	14	14
15	14	15	15	15	15	15	15	15	15	15	15
16	15	16	16	16	16	16	16	16	16	16	16
17	16	17	17	17	17	17	17	17	17	17	17
18	17	18	18	18	18	18	18	18	18	18	18
19	18	19	19	19	19	19	19	19	19	19	19
20	19	20	20	20	20	20	20	20	20	20	20
21	20	21	21	21	21	21	21	21	21	21	21
22	21	22	22	22	22	22	22	22	22	22	22
23	22	23	23	23	23	23	23	23	23	23	23
24	23	24	24	24	24	24	24	24	24	24	24
25	24	25	25	25	25	25	25	25	25	25	25
26	25	26	26	26	26	26	26	26	26	26	26
27	26	27	27	27	27	27	27	27	27	27	27
28	27	28	28	28	28	28	28	28	28	28	28
29	28	29	29	29	29	29	29	29	29	29	29
30	29	30	30	30	30	30	30	30	30	30	30
31	30	31	31	31	31	31	31	31	31	31	31

# Nourishing Healthy Mothers

Good Nutrition & Daily Multivitamins



# Multivitamins

# A Healthy Diet

Pregnant women have an increased need for vitamins and minerals. A daily multivitamin is an excellent way to meet this need, since many women don't get enough nutrients through food alone. The earlier in pregnancy a woman begins taking a multivitamin, the greater the impact the vitamins and minerals can have on her health and the health of her child.

## Prenatal Multivitamins Can Help:

- Reduce anemia.
- Support a healthy immune system.
- Decrease neural tube defects (NTD) and the number of small-for-gestational-age (SGA) newborn infants.
- Build a strong foundation for your baby to grow and develop into a healthy child.

Infants during the first six months of life should be **exclusively breastfed**. Then at 6 months, begin complementary feeding.

Pregnant mothers should eat a nutritious diet that includes a variety of fruits and vegetables, whole grains, nuts, beans, lean meats, and dairy products.



## Vitamin D

- Supports bone development and maintenance.
- Good food sources include fatty fish and fortified food products, such as milk and breakfast cereals.

## Calcium

- Keeps the mother's bones strong.
- Good food sources include milk and dairy products, collard greens, almonds, and salmon.

## Folic Acid

- Helps prevent spinal cord defects.
- Good food sources include leafy green vegetables, whole grains, beans, nuts, and seeds.

## Iron

- Helps prevent anemia.
- Good food sources include beef, poultry, beans, and broccoli.