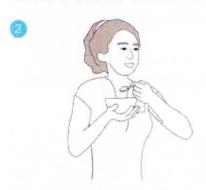
# **Multivitamin Dosing Instructions:**

Taking a Multivitamin Capsule



Take 1 capsule every day.



It may help to take your multivitamin with food.



**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	7	1		1		1	1	1	1	1	1
2		2	-	2	1	2		2		2	
3	2	3	2	3	5	3	2	3	2	3	2
4	3	4	3	4	3	4	3	4	3	4:	3
5	4	5	A	5	4	5	4	5	ıt.	5	-4
	5		5		5		5		5		5
6	6	6	6	6	6	6	6	6	6	5	6
7	7	7	7	7	7	7	7	7	7	7	7
8	В	8	8	0	8	8	9	8	8	8	8
9	8	9	9	9	9	9	9	9	9	9	9
10		10		10		10		10		10	
1.1	10	11	10	11	10	11	10	11	10	1-1	10
12	11	12	11	12	11	12	11	12	11	12	11
13	12	13	12	13	12	13	12	13	12	13	12
	13		13		13		13		13		13
14	14	14	14	14	14	14	14	14	14	14	14
15	15	15	15	15	15	15	15	15	15	16	15
16	16	16	16	15	16	16	16	16	16	16	16
17		17		17	17	17	17	17	17	17	17
18	17	18	17	18		18		18		18	
19	18	19	18	19	18	19	18	19	18	19	18
20	19	20	19	20	19	20	19	20	19	20	19
	20	21	20		20	21	30	21	20	21	20
21	21		21	21	21		21		21		21
22	22	22	22	22	22	22	22	22	22	22	22
23	23	23	23	23	23	23	23	23	23	23	23
24	24	24	24	24	24	24	24	24	24	24	24
25	25	25	25	25	25	25	26	25	25	25	25
25		26		26		28		26		26	
27	26	27	28	27	26	27	26	27	26	27	26
28	27	28	27	28	27	28	27	28	27	28	27
	28		28		28	29	28	29	26	29	28
29		29	29	29	29		29		20		29
30		30	30	30	30	30	30	30	30	30	30
31		31		31		31	31		31		31

# Nourishing Healthy Mothers

Good Nutrition & Daily Multivitamins





# **Multivitamins**

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.

# A Healthy Diet

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.

BrochNourishingMothers\_US\_English.indid 2