

 [www.folicacid.ca](http://www.folicacid.ca)

# **FOLIC ACID**

It's never too early.

Folic acid reduces the risk of birth defects... defects that occur before most women even know they're pregnant. Take a daily multivitamin containing a minimum of 0.4 mg of folic acid every day, to protect the baby that you may have some day. Talk to your doctor or pharmacist about folic acid today, BEFORE getting pregnant. For more information visit [www.folicacid.ca](http://www.folicacid.ca).

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