

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



FOLIC ACID

Ta in im etke e aorök?



1

Folic acid ej juon kain ün B im e päd ilo elöñ multivitamin ko im möñã ko me rej enriched (möñã ko me ejako jet ün ilo iien aer karreouki im re aikuj bar kobaiki).

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Kwön möñã 400 microgram in folic acid aolep raan. Naaj jidik wõt aṃ eñtaan, bötab enaaj lap an jipañ.

2

3

Ñe kwõj möñã folic acid mokta im ilo iien aṃ büroro, im älikin aṃ kemour, enaaj kõjparok nejam jån jorrãan ko ñan kõmälij eo an kab dilep eo.



4

Folate is juon kain ün B folic acid. Ej waløk ilo jet möñã ko äinwõt bwilik ko im eddo aer green, leen wõjke citrus (äinwõt oran, laim, grapefruit) im juuj, kab bean ko.



5

Aṃ dääk juon multivitamin me elöñ folic acid ilowaan aolep raan ej juon wäween pidodo ñan kabwe joñan folic acid eo kwõ aikuje kajjojo raan. Ilo enañin aolep multivitamin ko rej kabwe joñan folic acid eo kwõj aikuji kajjojo raan.

Ñan bök bar melele, loløk website eo adro ilo birthdefects.in.gov



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