

FOLIC ACID

Mah cu zeidah a si ii zeicaah dah a biapit?



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Folic acid cu vitamin B a si i tha umnak sii cheu khat le tha umnak a cawh chommi ei awk.

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%

Folic Acid 400 micrograms kha nifate ei! Tha chuah a hau mi asinan mah nih thlen nak ngan pi a chuah ter.

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3

Fa pawl hlan, fapawl lio le fa pawl hnu i Folic Acid ding nak nih a zual ngai mi chuahpi mi thluak le keng ruh i a cang mi zawtnak tampi kha a kamh khawh.



4

Flolate timi cu vitamin B folic acid phun a si. Anhnah, hring duk muici nei tisik anhnah pawl, ser thei phun pawl, thingthai hang, Sawmpi ti bantuk ei awk cheu khat chungah kokek tein hmuhmi a si.



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A herh zah folic acid na ngah ti mi a fiannak ah a fawl bik mi lam cu tha umnak sii a chung ah folic acid a tel mi kha din a si. Tha umnak sii pawl tamdeuh chung ahcun na herhmi folic acid a zapi in a tel.

Thil sining tamdeuh theih na duh ahcun, kan website ah kan leng birthdefects.in.gov



Folic acid for a healthy baby

