

FOLIC ACID

Maxay tahay oo maxay muhiim u tahay?



1

Folic acid waa fitamiin B laga helo fitamiinada badan iyo cuntooyinka ay ku qoran tahay inay ku badantahay .

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%

Qaado 400 oo migro garaam oo folic acid maalin kasta! Waxay u baahan tahay dadaal yar, laakiin waxay keentaa farqi weyn.

2

3

Cunista folic acid ka hor, inta lagu jiro iyo uurka kadib waxay ka hortagi kartaa cilado badan oo dhalashada ee maskaxda iyo laf dhabarta ah.



4

Folate waa qaab ah fitamiin B ee folic acid. Waxaa si dabiici ah looga helaa cuntooyinka qaar, sida cagaarka, khudaarta cagaaran ee madaw, miraha aasidhka leh iyo juuska, iyo digirta.



5

Qaab fudud oo lagu hubiyo inaad qaadatid folic acid kugu filan waa qaadashada fitamiino badan maalin walba iyo folic acid. Fitamiinada badan badankood waxaa ku jira folic acid aad u baahan tahay.

Wixii macluumaad dheeraad ah, booqo websaydkeena **birthdefects.in.gov**



Folic acid for a healthy baby
Indiana Birth Defects and Problems Registry

