

How to Administer Multivitamins to Pregnant and Lactating Women

Mothers who are pregnant or lactating are one of the groups most susceptible to vitamin and mineral deficiencies. Because they have a relatively greater need for vitamins and minerals, they are more adversely affected by deficiencies, particularly of vitamin A, iron, iodine, and zinc. Many suffer from deficiencies in more than one micronutrient.¹



Using a multiple vitamin and mineral supplement can help:

- » Prevent micronutrient deficiencies, including anemia and zinc deficiency
- » Reduce early infant mortality²
- » Reduce the incidence of low birth weight³
- » Improve height and cognitive development in children by age 2
- » Improve the body's immune system

Dosing Instructions:

Multivitamin Dosing Schedule for Universal Distribution of Essential Micronutrients: Pregnant and Lactating Women		
TARGET GROUP	DOSE	HOW OFTEN
Pregnant and Lactating Women	1 capsule	Once every day, with food

- The **earlier** a woman starts taking prenatal/postnatal multivitamins, **the greater the impact the micronutrients will have on her health and the health of her child.**
- For pregnant and lactating women, the **recommended dose is one capsule daily with food.**
- Several **bottles of multivitamins may be given to a woman to take home**, so she has enough to use during her entire pregnancy and afterwards, while breastfeeding.
- The capsules are intended to be **swallowed whole.**
- Storage: **Store in a COOL, DRY place. Keep bottle tightly closed.**

WARNING: This Product Contains Iron. Accidental overdose of iron-containing products is dangerous to children.
KEEP THIS PRODUCT OUT OF REACH OF CHILDREN: In case of accidental overdose, contact a doctor or poison control center immediately.

1.Preventing and controlling micronutrients deficiencies in populations affected by an emergency. Joint statement by WHO, WFP, and UNICEF, 2005.

2.AH Shankar et al. "Effect of multiple micronutrient supplementation on fetal loss and infant death in Indonesia: a double-blind cluster-randomized trial." *The Lancet* 2008; 371: 215–27.

3.Wafaie W. Fawzi et al. "Vitamins and perinatal outcomes among HIV-negative women in Tanzania." *The New England Journal of Medicine* 2007;356:1423-31.