

## Multivitamin Dosing Instructions:

### Taking a Multivitamin Tablet



Take **1 tablet every day**.



It may help to **take your multivitamin with food**.



**Drinking liquids** may help you swallow your multivitamin.

## Track Your Daily Multivitamins:

Every day you take your multivitamin, mark the matching date on your calendar.

| January | February | March | April | May | June | July | August | September | October | November | December |
|---------|----------|-------|-------|-----|------|------|--------|-----------|---------|----------|----------|
| 1       |          | 1     |       | 1   |      | 1    |        | 1         |         | 1        |          |
| 2       | 1        | 2     |       | 2   |      | 2    |        | 2         |         | 2        |          |
| 3       | 2        | 3     |       | 3   |      | 3    |        | 3         |         | 3        |          |
| 4       | 3        | 4     |       | 4   |      | 4    |        | 4         |         | 4        |          |
| 5       | 4        | 5     |       | 5   |      | 5    |        | 5         |         | 5        |          |
| 6       | 5        | 6     |       | 6   |      | 6    |        | 6         |         | 6        |          |
| 7       | 6        | 7     |       | 7   |      | 7    |        | 7         |         | 7        |          |
| 8       | 7        | 8     |       | 8   |      | 8    |        | 8         |         | 8        |          |
| 9       | 8        | 9     |       | 9   |      | 9    |        | 9         |         | 9        |          |
| 10      | 9        | 10    |       | 10  |      | 10   |        | 10        |         | 10       |          |
| 11      | 10       | 11    |       | 11  |      | 11   |        | 11        |         | 11       |          |
| 12      | 11       | 12    |       | 12  |      | 12   |        | 12        |         | 12       |          |
| 13      | 12       | 13    |       | 13  |      | 13   |        | 13        |         | 13       |          |
| 14      | 13       | 14    |       | 14  |      | 14   |        | 14        |         | 14       |          |
| 15      | 14       | 15    |       | 15  |      | 15   |        | 15        |         | 15       |          |
| 16      | 15       | 16    |       | 16  |      | 16   |        | 16        |         | 16       |          |
| 17      | 16       | 17    |       | 17  |      | 17   |        | 17        |         | 17       |          |
| 18      | 17       | 18    |       | 18  |      | 18   |        | 18        |         | 18       |          |
| 19      | 18       | 19    |       | 19  |      | 19   |        | 19        |         | 19       |          |
| 20      | 19       | 20    |       | 20  |      | 20   |        | 20        |         | 20       |          |
| 21      | 20       | 21    |       | 21  |      | 21   |        | 21        |         | 21       |          |
| 22      | 21       | 22    |       | 22  |      | 22   |        | 22        |         | 22       |          |
| 23      | 22       | 23    |       | 23  |      | 23   |        | 23        |         | 23       |          |
| 24      | 23       | 24    |       | 24  |      | 24   |        | 24        |         | 24       |          |
| 25      | 24       | 25    |       | 25  |      | 25   |        | 25        |         | 25       |          |
| 26      | 25       | 26    |       | 26  |      | 26   |        | 26        |         | 26       |          |
| 27      | 26       | 27    |       | 27  |      | 27   |        | 27        |         | 27       |          |
| 28      | 27       | 28    |       | 28  |      | 28   |        | 28        |         | 28       |          |
| 29      | 28       | 29    |       | 29  |      | 29   |        | 29        |         | 29       |          |
| 30      | 29       | 30    |       | 30  |      | 30   |        | 30        |         | 30       |          |
| 31      | 30       | 31    |       | 31  |      | 31   |        | 31        |         | 31       |          |

# Nourishing Healthy Mothers

Good Nutrition & Daily Multivitamins



# Multivitamins + A Healthy Diet

Pregnant women have an increased need for vitamins and minerals. A daily multivitamin is an excellent way to meet this need, since many women don't get enough nutrients through food alone. The earlier in pregnancy a woman begins taking a multivitamin, the greater the impact the vitamins and minerals can have on her health and the health of her child.

## Prenatal Multivitamins Can Help:

- Reduce anemia.
- Support a healthy immune system.
- Improve birth weight, decrease the number of small-for-gestational-age (SGA) newborn infants, decrease preterm births and reduce infant mortality at 6 months of age.
- Build a strong foundation for your baby to grow and develop into a healthy child.

Infants during the first six months of life should be **exclusively breastfed**. Then at 6 months, begin complementary feeding.

Pregnant mothers should eat a nutritious diet that includes a variety of fruits and vegetables, whole grains, nuts, beans, lean meats, and dairy products.



## Vitamin D

- Supports bone development and maintenance.
- Good food sources include fatty fish and fortified food products, such as milk and breakfast cereals.

## Calcium

- Keeps the mother's bones strong.
- Good food sources include milk and dairy products, collard greens, almonds, and salmon.

## Folic Acid

- Helps prevent spinal cord defects.
- Good food sources include leafy green vegetables, whole grains, beans, nuts, and seeds.

## Iron

- Helps prevent anemia.
- Good food sources include beef, poultry, beans, and broccoli.