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:

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

Nourishing Healthy Mothers
Good Nutrition & Daily Multivitamins
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.

**A Healthy Diet**

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.