

MMS Dosing Instructions:

Take MMS Daily



Take one - and only one - MMS every day until the bottle is empty

- Take 1 (one) MMS daily throughout pregnancy
- Create routines or reminders to ensure MMS tablets are taken on a daily basis
- Women should begin taking MMS as soon as they know they are pregnant
- Taking MMS at night and/or with food and water may help reduce side effects
- If there are MMS remaining in the bottle after pregnancy, take the remaining supplements during the post-partum period and/ or while breastfeeding

Storage:

Store in a **COOL, DRY** place, between 15°-30°C
Keep bottle tightly closed

Track Your Daily MMS:

Everyday you take your MMS, 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	1	2	1	2	1	2	1	2	1
3	2	3	2	3	2	3	2	3	2	3	2
4	3	4	3	4	3	4	3	4	3	4	3
5	4	5	4	5	4	5	4	5	4	5	4
6	5	6	5	6	5	6	5	6	5	6	5
7	6	7	6	7	6	7	6	7	6	7	6
8	7	8	7	8	7	8	7	8	7	8	7
9	8	9	8	9	8	9	8	9	8	9	8
10	9	10	9	10	9	10	9	10	9	10	9
11	10	11	10	11	10	11	10	11	10	11	10
12	11	12	11	12	11	12	11	12	11	12	11
13	12	13	12	13	12	13	12	13	12	13	12
14	13	14	13	14	13	14	13	14	13	14	13
15	14	15	14	15	14	15	14	15	14	15	14
16	15	16	15	16	15	16	15	16	15	16	15
17	16	17	16	17	16	17	16	17	16	17	16
18	17	18	17	18	17	18	17	18	17	18	17
19	18	19	18	19	18	19	18	19	18	19	18
20	19	20	19	20	19	20	19	20	19	20	19
21	20	21	20	21	20	21	20	21	20	21	20
22	21	22	21	22	21	22	21	22	21	22	21
23	22	23	22	23	22	23	22	23	22	23	22
24	23	24	23	24	23	24	23	24	23	24	23
25	24	25	24	25	24	25	24	25	24	25	24
26	25	26	25	26	25	26	25	26	25	26	25
27	26	27	26	27	26	27	26	27	26	27	26
28	27	28	27	28	27	28	27	28	27	28	27
29	28	29	28	29	28	29	28	29	28	29	28
30	29	30	29	30	29	30	29	30	29	30	29
31	30	31	30	31	30	31	30	31	30	31	30

Nourishing Healthy Mothers

Good Nutrition & Daily Supplementation



Supplementation

Pregnant women have an increased need for vitamins and minerals. Daily MMS 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 MMS, the greater the impact the vitamins and minerals can have on her health and the health of her child.

MMS for Pregnant Women 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 stillbirths and 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.