

Multivitamin Dosing Instructions:

Taking a Multivitamin Capsule



Take 1 capsule 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.

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.
- Decrease neural tube defects (NTD) and the number of small-for-gestational-age (SGA) newborn infants,
- 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.