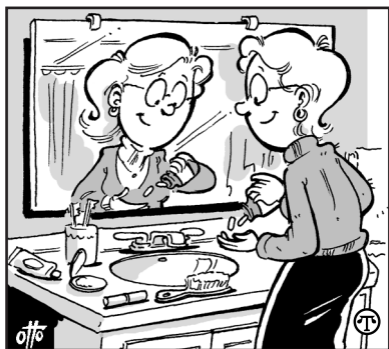


health hints

Folic Acid Every Day

(NAPSA)—Be smart about your health every day—take a vitamin with folic acid. Just about everyone needs to take a vitamin with folic acid every day. Folic acid is an important vitamin that is recommended for all men and women.

Women especially need folic acid every day to reduce the risk of birth defects such as spina bifida—especially since more than half of all pregnancies are not planned. Even if you are not plan-



Take a vitamin with folic acid every day during one of your daily routines.

ning to become pregnant, your body needs folic acid every day. Taking folic acid before and during early pregnancy reduces the risk of spina bifida and other serious birth defects up to 70 percent.

Folic acid also helps you build healthy cells. Because folic acid does not stay in your body for very long, you need it every day.

To help you remember, take a vitamin with folic acid during a daily routine—such as getting ready in the morning, eating lunch or reading before bed. To learn more: visit the Spina Bifida Association at www.sbaa.org or call (800) 621-3141.