

You may **not**

be **ready** to have a baby,

**ready**

*but your body's been preparing for years.*



**FOLIC ACID NOW**

So your body's ready when you are.



You have lots to do before motherhood. But make sure to take folic acid today — and every day. Whether you get it in a pill by itself, in a multivitamin, or in foods like breakfast cereals, breads and pastas, this essential B vitamin helps prevent some serious birth defects in babies. I-800-232-4636 (CDC-INFO)

