What is It?
OK, so you’ll think about taking folic acid, but what is it exactly?
Folic acid is a human-made form of the B vitamin folate, and is necessary for making new, healthy cells in the body.

Everyone Needs It
Recent studies have shown that folic acid may reduce the risk of cardiac disease and certain types of cancers. Some studies suggest it also might help lower the risk of getting Alzheimer’s disease.

Helpful Info for Everyone
Making a small decision to take folic acid can greatly impact you, any children you might have and your future. For more information, visit:
www.CDC.gov
www.MarchofDimes.com
www.ChooseMyPlate.gov
www.ag.ndsu.edu/food
Unplanned!

About one in 1,000 babies in the U.S. will suffer from a neural tube defect. These are birth defects that affect the structure that will become the baby's brain and spinal cord. Without folic acid, the baby's spine could be exposed, or its brain won't develop properly.

Fight Defects!

Since birth defects develop early in pregnancy, starting to take folic acid now is important. This can prevent up to 70 percent of neural tube defects. Folic acid might also prevent other types of birth defects of the limbs, heart and face.

400 Micrograms

That's where you come in. You probably are not planning on becoming pregnant. You're in school and working hard. That's not for you right now. Getting 400 micrograms of folic acid every day (and you have lots of ways to get it) is a decision that will impact your future, both planned and unplanned, by ensuring the health of your baby some day.

Take Folic Acid

"I don't like any of those foods, and I don't have time to check nutrition labels."

That's OK. Getting folic acid other ways is easy. One very simple and effective way to add folic acid to your diet is to make sure your multivitamin has enough folic acid, 400 micrograms,