



**"DON'T LEAVE
ANYTHING
TO CHANCE"**

Cantassium Folic Acid –
The Vitamin Experts

**One Little Pill Could Make
All the Difference**

A woman who has already had a baby with spina bifida, or knows someone else in her family with the disability, should see her doctor before considering pregnancy. If she wants, she can ask to be referred for genetic counselling. The Department of Health recommends that women in these 'at risk' groups take a daily supplement in a much stronger dosage, available only on prescription.

Warning - Liver, although rich in folic acid and other vitamins, should not be eaten in pregnancy. It contains very high amounts of vitamin A which could harm the baby.

For further information about spina bifida, please contact:



Association for Spina Bifida
and Hydrocephalus (ASBAH)
ASBAH House, 42 Park Road,
Peterborough PE1 2UQ

Telephone 0733-555988

ASBAH provides close support to 15,000 individuals and families through England, Wales and Northern Ireland at times of special need and, through its network of fieldworkers and specialist advisers, helps bring power and choice to people with spina bifida and hydrocephalus.

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**A PILL
CAN PREVENT
MORE THAN
PREGNANCY**

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Cantassium FOLIC ACID
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When a couple stop using contraception, this is the time for the woman to start planning how the baby can be given the best start in life.



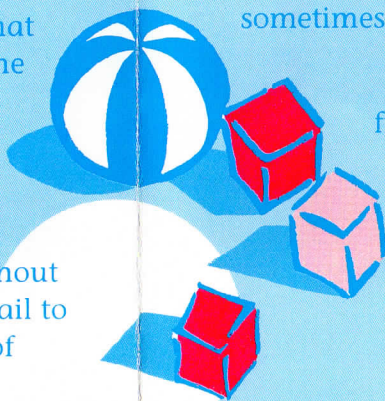
She will want her baby to have the most fundamental thrifht of all - to be healthy and well. Step down, that's what parents desire most all for their children.

Good diet, moderate exercise and expert medical care all have their part to play in giving unborn babies a good beginning and their mothers peace of mind.

But there's something more that a woman can do for herself before she becomes pregnant to improve her chances of having a healthy baby.

Research has shown that a daily supplement of a B vitamin called folic acid will help reduce the risk of babies being born with a devastating birth defect like spina bifida. The chances, thankfully, are rare enough but folic acid will cut the risk even further. A recent study has also shown that taking a folic acid supplement reduces the risk of hare lip and cleft palate.

Folic acid, important throughout life for the creation of healthy cells in the body, becomes absolutely critical in the process of creating healthy new life. Without enough folic acid, the baby's spine can fail to close properly during the first 12 weeks of pregnancy and the baby can be born severely disabled.



That is why it is important to eat foods rich in folic acid as you plan to become pregnant.

Foods containing folic acid are recommended as part of a balanced diet - vegetables like broccoli, sprouts, green beans and spinach, fruit like oranges and grapefruit, savoury yeast or beef spreads, baked beans, lentils, soya beans, wholemeal brown bread and milk all contain good amounts. So do fortified breads and breakfast cereals.

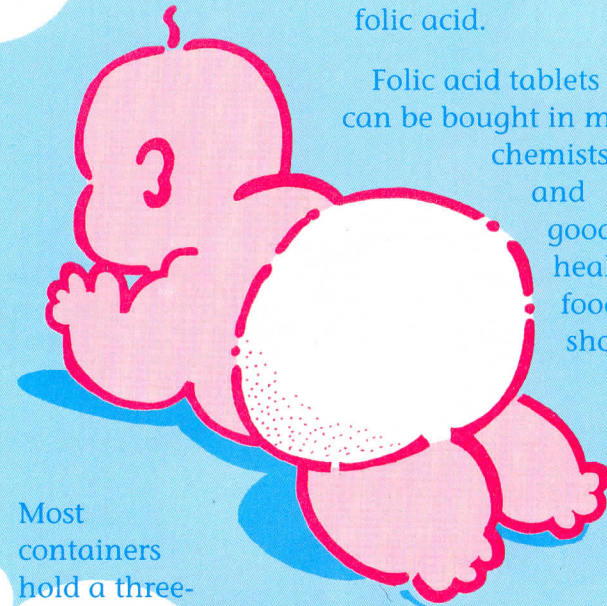
The only sure way, however, of getting all the folic acid needed in early pregnancy is to take a supplement. The Department of Health recommends all women to take a 400 microgram (400 mcg) tablet of folic acid every day from before conception until the 12th week of pregnancy. (The amount is sometimes written as 0.4mg).

This daily supplement will further reduce the risk of your baby being born with spina bifida. Four hundred babies a year with spina bifida are born in the UK, and another 1,500 are terminated during pregnancy or are still-born.

"ONE LITTLE PILL IS ENOUGH"

If your pregnancy is unplanned, start taking a daily folic acid supplement as soon as you realise you are pregnant. Continue taking the tablet until the 12th week. Make sure also that you eat foods containing folic acid.

Folic acid tablets can be bought in most chemists and good health food shops.



Most containers hold a three-months supply. Look for them in the vitamin displays or ask your pharmacist.

Multi-vitamin and mineral supplements also contain some folic acid but are likely to contain less than you need. Do not be tempted to take more of these to give you the right amount of folic acid, as you may take too much of some of the other vitamins and minerals.