

How to Give Multiple Micronutrient Supplementation (MMS) to Pregnant Women

Women have an increased need for vitamins and minerals throughout pregnancy. Providing supplemental nutrition in the form of a daily multiple micronutrient supplement (MMS) is an excellent way to meet this increased need.

- Ensuring adequate nutrition improves the pregnancy outcome.
- The earlier a woman begins taking MMS and the higher the adherence to taking 1 MMS each day, the greater the impact the vitamins and minerals may have on her health and the health of her child.



Vitamins and minerals, like those found in MMS, can help:

- Reduce anemia, night blindness, and other symptoms caused by vitamin and mineral deficiencies
- Improve birth weight, decrease the number of small-for-gestational-age (SGA) newborn infants, decrease preterm births, and reduce stillbirths and infant mortality at 6 months of age
- Support a healthy immune system
- Promote physical and cognitive development in infants

Recommendations:

- Infants during the first six months of life should be exclusively breastfed. Then at 6 months, begin complementary feeding
- Pregnant women and children starting at 6 months of age should eat a nutritious diet that includes a variety of brightly colored fruits and vegetables, animal products such as dairy and meat, nuts, oils and legumes

MMS Dosing Instructions

- Take 1 (one) MMS daily throughout pregnancy
- Create routines or reminders to ensure MMS tablets are taken on a daily basis
- Women should begin taking MMS as soon as they know they are pregnant
- Taking MMS at night and/or with food and water may help reduce side effects
- If there are MMS remaining in the bottle after pregnancy, take the remaining supplements during the post-partum period and/ or while breastfeeding



**Take one - and only one -
MMS every day until the
bottle is empty**



Bottles of MMS may be given to women to take home for daily use throughout her entire pregnancy. If there are MMS remaining in the bottle after pregnancy, it is okay to take the remaining tablets during lactation/breastfeeding.

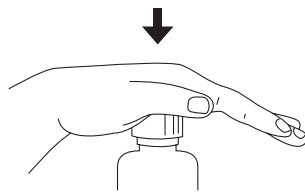
Storage:

Store in a **COOL, DRY** place, between 15°-30°C .
Keep bottle tightly closed.

How to Open Child-Resistant Caps:

Before allowing mothers to take bottles of MMS home, ensure that they are able to open the child resistant cap.

Screw Top Bottle:



Use palm of hand to press firmly down on cap.



Turn cap in the direction indicated by the arrows (counter-clockwise).



Remove cap.

Possible Side Effects of MMS:

When taken as directed, MMS are not expected to cause serious side effects; however, some women experience upset stomach, constipation, headaches, or an unusual or unpleasant taste in their mouth after taking MMS. Many of these side effects are temporary and will go away as the body adjusts. Taking MMS with liquids, food, or at bedtime may reduce side effects.



DO NOT EAT: The little packet inside the bottle contains silica gel; although it is non-toxic and not harmful if swallowed (it is basically sand), it should not be eaten. The packet should remain in the bottle/container as it helps to absorb moisture (water) and maintains the quality of the vitamins and minerals. However, caution should be taken to keep the packet out of the reach of small children, because the silica gel packet may be a choking hazard.



WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or poison control center immediately.