Good Nutrition During Pregnancy Starts with a Daily Prenatal Multivitamin

**Nourishing Healthy Pregnancies**

**Track Your Daily Prenatal Multivitamin:**

Help yourself remember to take your prenatal multivitamin each day. Use the calendar below to mark off each day you take your prenatal multivitamin.

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**How to Open Child-resistant Caps:**

1. Use palm of hand to press firmly down on cap.
2. Turn cap in the direction indicated by the arrows (counter-clockwise).
3. Remove cap.

**Nourishing Healthy Pregnancies**

Good Nutrition During Pregnancy Starts with a Daily Prenatal Multivitamin
Prenatal Multivitamins Nourish a Health Pregnancy

Prenatal multivitamins, also known as Prenatal Vitamin-Mineral Supplements, are a daily supplement of 15 essential vitamins and minerals, including iron. They can help meet your increased nutritional needs to support a healthy pregnancy, birth, and baby.

The earlier you begin taking a prenatal multivitamin, the greater the impact the vitamins and minerals it contains can have on your health and the health of your child.

Prenatal Multivitamins Can Help*:

- Meet your increased nutritional needs to support a healthy pregnancy.
- Reduce anemia, a condition often caused by not getting enough iron from food.
- Support a healthy immune system.
- Decrease the likelihood of birth defects and improve birth outcomes.
- Build a strong foundation for your baby to grow and develop into a healthy child.

Take Your Daily Prenatal Multivitamin

Taking your daily prenatal multivitamin is a simple step to nourish a healthy pregnancy. Each bottle contains 180 capsules, which is a 6-month supply. Here are some key tips to help you take your daily prenatal multivitamin.

- Take only 1 (one) prenatal multivitamin capsule each day until the bottle is empty.
- To help you remember to take your multivitamins daily, take them at the same meal each day or keep the bottle in a place that will help you remember, like next to the refrigerator or on your nightstand. You could also use a tracking app or set a daily alarm on your phone.
- Sometimes mild side effects may occur, including upset stomach, constipation, or headaches. Taking prenatal multivitamins with water, snacks, or at bedtime helps reduce these side effects.
- Taking a daily prenatal multivitamin is a key step to nourishing a healthy pregnancy. Think about your daily routine—what might make it hard to take your daily prenatal multivitamin? What might make it easier to take daily?

Storing your Prenatal Multivitamins:

- Prenatal multivitamins should be kept in their bottle, with the lid tightly closed, out of reach of young children.
- Each bottle contains a little packet with silica gel. This packet helps to maintain the quality of the vitamins and minerals and should be kept in the bottle.
- Store the bottle in a COOL, DRY place, between 59°-89°F.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.