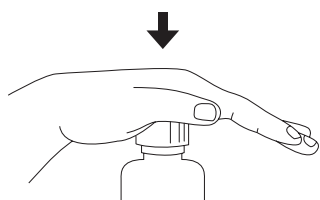


## How to Open Child-resistant Caps:



Use palm of hand to press firmly down on cap.



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



Remove cap.

## 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.

January	February	March	April	May	June	July	August	September	October	November	December
1	1	1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9	9	9
10	10	10	10	10	10	10	10	10	10	10	10
11	11	11	11	11	11	11	11	11	11	11	11
12	12	12	12	12	12	12	12	12	12	12	12
13	13	13	13	13	13	13	13	13	13	13	13
14	14	14	14	14	14	14	14	14	14	14	14
15	15	15	15	15	15	15	15	15	15	15	15
16	16	16	16	16	16	16	16	16	16	16	16
17	17	17	17	17	17	17	17	17	17	17	17
18	18	18	18	18	18	18	18	18	18	18	18
19	19	19	19	19	19	19	19	19	19	19	19
20	20	20	20	20	20	20	20	20	20	20	20
21	21	21	21	21	21	21	21	21	21	21	21
22	22	22	22	22	22	22	22	22	22	22	22
23	23	23	23	23	23	23	23	23	23	23	23
24	24	24	24	24	24	24	24	24	24	24	24
25	25	25	25	25	25	25	25	25	25	25	25
26	26	26	26	26	26	26	26	26	26	26	26
27	27	27	27	27	27	27	27	27	27	27	27
28	28	28	28	28	28	28	28	28	28	28	28
29	29	29	29	29	29	29	29	29	29	29	29
30	30	30	30	30	30	30	30	30	30	30	30
31	31	31	31	31	31	31	31	31	31	31	31

# 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.

\*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.

## 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?



## What steps can you take to remember to take your daily prenatal multivitamin?

### 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