

If you are pregnant you should
take a supplement containing
vitamin D and folic acid every day

Healthy Start vitamins are:

- FREE throughout pregnancy
- Provided by your midwife
- Contain the right amounts of folic acid, vitamin D and C for you and your baby.



**HEALTHY
START**

**Ask your midwife for
more information**

www.nhsggc.scot/your-health/early-years/healthy-start/



HEALTHY START

Why should I take Folic Acid?

- Folic Acid will help your baby's spine develop properly during pregnancy.
- Prevents neural tube defects such as spina bifida.
- During pregnancy, you need more folic acid to support your baby's development, which is hard to get from your diet alone.

Why should I take Vitamin D?

- Vitamin D helps our body to absorb calcium which will keep bones and teeth healthy.
- Vitamin D deficiency can cause bone issues which can cause rickets.
- Low vitamin D levels in babies after birth can cause seizures.
- Dietary sources of vitamin D are limited.

