



What is “GOING FOLIC”?

Folic Acid is a very important B vitamin for all women. Your body makes millions of new cells everyday. Your body uses folic acid to make all of these new cells.

“Going Folic” means getting enough folic acid and other B vitamins to be healthy. You need at least 400 mcg of folic acid everyday. ***So Go Folic!***

Folic Acid = Beauty from the Inside Out

Folic acid with other B Vitamins will help give you strong and healthy hair, nails, and skin.

Folic Acid = a Healthier You

Taking a daily multivitamin with folic acid may:

- Lower your risk for breast, cervical, and colon cancer
- Give you a healthier heart

If you decide to get pregnant, folic acid will help you have a healthier baby, too.

Getting Folic Acid is Easy

- Take a daily multi-vitamin with 400 mcg of folic acid
- ***Or*** eat a bowl of cereal with 400 mcg of folic acid every morning (check the nutrition label)

Get extra folate (the kind of folic acid in foods) by eating: oranges, strawberries, avocados, beans and lentils, cooked broccoli, cooked greens like spinach and collards, and “enriched” or “fortified” bread and pasta.

Get Your Free Multi-Vitamins!

The San Francisco Department of Public Health is giving women, ages 14-44, up to a year’s supply of free multi-vitamins with folic acid. ***For more information, visit www.gofolic.org or call 1-800-300-9950.***



consumers.

Go Folic! is a project of the San Francisco Department of Public Health, MCAH Unit. The project was made possible by a grant from the Vitamin Cases Consumer Settlement Fund. Created as a result of an antitrust class action, one of the purposes of the Fund is to improve the health and nutrition of California

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