



## What is “GOING FOLIC”?

Folic Acid is a very important B vitamin. “Going Folic” means getting enough folic acid and other B vitamins to be healthy. You need at least 400 mcg of folic acid everyday.

Folic acid is very important for teen women. Your body is growing and changing very fast, making millions of new cells everyday. Your body uses folic acid to make these new cells. ***So Go Folic!***

## Folic Acid = Beauty from the Inside Out

Folic acid with other B Vitamins may give you:

- Strong and healthy hair, nails and skin
- Lower risk for breast, cervical, and colon cancer
- A healthier heart

If you ever decide to get pregnant, folic acid will help you have a healthy 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 form of folic acid in foods) by eating these foods: orange juice, 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!

This clinic is giving up to a year’s supply of free multi-vitamins with folic acid to young woman, ages of 14 – 18. Ask our clinic staff to learn more!



---

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 consumers.