

MS01 VT13 FAQ Prenatal Vitamins

[Music]

It's absolutely recommended to take a pre-natal vitamin before becoming pregnant.

There's some really important things you can do like taking folic acid. It's most important if it's in your body three months before you get pregnant.

Just by starting folic acid alone, you can decrease your risk of what we call neural tube defect or defects in the brain and spinal cord.

As long as you're getting in folic acid, 400 micrograms 3 months before you are pregnant, you are depositing that into your body and protecting yourself for a healthy spinal cord to develop.

So, that's really critical in the first trimester.

If you haven't prepared, don't worry. Continue with your healthy lifestyle choices, exercise, good nutrition, and begin taking pre-natal vitamin as soon as you can.

[End recording]