Female? Having Sex? Then before you frolic

Go Folic!

- If you are having sex there’s always a chance that you could become pregnant, even if you’re not trying to!

- Take a vitamin tablet containing 400mcg of folic acid every day in case you get pregnant.

- Folic acid (vitamin B9) can help to protect your unborn baby from serious conditions like spina bifida. But it needs to be in your body before you get pregnant.

- 40% of pregnancies in the UK are unplanned.

It’s never too early ... but it can be too late!

For more information, news, interviews, fun and folic freebies please go to

www.gofolic.co.uk

This poster has been produced with the kind support of

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