

# HEALTHY PREGNANCY



## Did You Take Your Folic Acid This Morning?



In collaboration with:



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# Why Should I Take Folic Acid/ Vitamin B9?

## For prevention.

**1 out of 2 pregnancy** is **unplanned**.

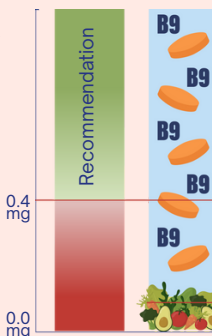
When the surprise is revealed, the **critical period** for taking folic acid/vitamin B9 for **development** has often **passed**.



## Is vitamin B9 found in our diet?

### Yes, but...

The **amounts** of vitamin B9 in foods are generally **insufficient** to meet the recommendations, and it **degrades easily**, among other things, during cooking and freezing.



Vitamin B9 is found naturally in food, folic acid is a supplement.



# What Are The Recommendations?

## 0.4 to 1 mg/day of Folic Acid



In a **multivitamin COMBINED with a diet** rich in vitamin B9. Some individuals\* may require a dose of up to 5 mg per day. **Consult** your healthcare team or your **pharmacist** to determine what is right for you.

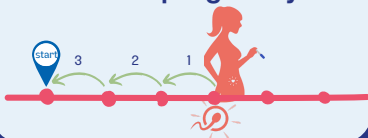
## When?

At least

**2 to 3 months**

before fertilization

**AND** during the **1<sup>st</sup> trimester** of **each pregnancy**.



## Who?

**All women of childbearing age**

should take a daily multivitamin containing folic acid.



## Is there a risk for my health?



**No**

When taken as directed, **folic acid** is **safe** for both the mother and the unborn child. It is a **water-soluble vitamin**; any **excess** not absorbed by the body is **excreted** in the urine.

\* Higher needs based on genetic factors, exposure to certain medications, dietary intake, gastrointestinal absorption (e.g. celiac disease), glucose metabolism (obesity, diabetes), drugs, tobacco, alcohol.

# Why Is Folic Acid Important?

**Folic acid is involved in:**



cell  
growth



blood  
production



and immune  
system.

**But most of all,**

folic acid **reduces**  
the **risk** of **neural**  
**tube defects** during  
pregnancy **by 72%**.



Risk



Folic Acid

## What is the neural tube?

It's the **basis**  
for the **brain**,  
the **spinal**  
**cord**, and the  
**spine**.

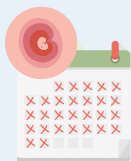


Like a zippered tube!



# Neural Tube Defects

## What are neural tube defects?



Between the **17<sup>th</sup> and 28<sup>th</sup> day** after fertilization, the neural tube closes.

**Folic acid** helps the **proper closure** of this "zipper".



If the **zipper** does **not close** properly, there is a defect:



### Spina Bifida



In **50% of cases**, the zipper is not properly closed at the **spine**.

This can require **long-term treatments**.



### Anencephaly



In **40% of cases**, the zipper is not closed properly at the **head**, a part of the brain and skull is missing.

The baby **cannot survive** after birth.

Folic acid is an ally for a healthy start.



# Want To Know More ?



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information !



<https://www.healthypregnancyhub.ca/>



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