

"B" YOUR BEST!

with Folic Acid

Folic acid is a B vitamin that can help you "B" your best! It's used for the growth and repair of every cell of your body.



You lose up to 40,000 dead skin cells every minute of the day.



You shed 50 to 100 strands of hair each day.



All day, every day, your body works hard to replace all those lost cells!

Start a healthy habit. Get enough folic acid each and every day!

"B" YOUR BEST FOR LIFE!

Your body needs folic acid as you grow. And when you're grown, there are other good reasons to get enough each day.

Folic acid can also help prevent very serious birth defects in babies. So, "B" your best today and in your future!



Eat plenty of fruits and vegetables.



Take a vitamin that has folic acid in it every day, and eat foods high in folic acid.



Foods rich in folic acid include beans and legumes, citrus fruits and juices, whole grains, dark green leafy vegetables, poultry, pork, shellfish, and liver.

"B" YOUR BEST WITH FOLIC ACID EVERY DAY!

For more information, visit:
ggc.org or call 1-800-676-6332


Fabulous Folate
Oh Baby, It's Good for YOU!

The SC Birth Defects Prevention Program is operated through a cooperative agreement among Greenwood Genetic Center, SC Department of Disabilities and Special Needs, and SC Department of Health and Environmental Control