



Find out what other nutrients you should take to ensure a healthier pregnancy and beyond.

B IS BEST FOR MOM AND BABY!

When you're planning a pregnancy, currently pregnant or breastfeeding, you have even more reasons to ensure your nutrient requirements are met so that your little one grows into a healthy baby! Look out for B vitamins as they're your best friends throughout all stages of pregnancy and beyond.

GETTING READY

The greatest concern during preconception is if the child develops spina bifida. It happens when the tube around a baby's developing neural tube doesn't close completely. B vitamins, especially folic acid (vitamin B9) help to:

- Reduce the risk of neural birth defects such as spina bifida (spine) and anencephaly (brain).¹

Tip: As the neural tube develops during the first 3-4 weeks after conception, you should start taking 400mcg of folic acid daily at least 3 months to 1 year prior conception.⁹

NEW BEGINNINGS

You require more folic acid during pregnancy to meet both yours and your growing baby's need for extra blood. With adequate folic acid, you can:

- Support the production of red blood cells, lowering anaemic risk.
- Lower the risk of low birth weight, premature birth and miscarriage.^{2,3}

Tip: Take 600mcg of folic acid every day throughout your entire pregnancy.⁹

HAPPY DAYS AHEAD

B vitamins convert food into energy, giving you the needed boost to take care of your baby, post-delivery.

- Give you the energy⁸ you need to keep up with your new bundle of joy.
- Vitamin B3 and B7 help nourish hair follicle cells for healthy and stronger hair.
- Vitamin B3 and B5 promote better skin complexion and moisture.
- Vitamin B12 is essential for the health and growth of your nails.

Tip: For better days ahead, take B vitamins beyond pregnancy!

JOYFUL JOURNEY

Folic acid has been linked to healthy brain development, so it is important that your baby continues to receive this nutrient outside of the womb through breastmilk.

- May reduce the risk of autism spectrum disorder in children.⁴
- Support baby's healthy brain development throughout childhood.⁵
- Reduce the risk of postpartum depression and aids in postpartum recovery.⁶

Tip: Research shows that those with low levels of folic acid tend to suffer from postpartum depression for a longer period⁷ so make sure you consume 500mcg of folic acid daily, post-delivery.⁹

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