



FUEL YOUR GREATNESS.™

Nature Made® Folic Acid with DHA FACT SHEET

What is folic acid?	Folic acid is a B vitamin that plays an essential role in healthy fetal development. It is especially important for the development of the fetus' nervous system and as part of a healthful diet may reduce a women's risk of having a child with brain and spinal cord defects, including neural tube defects. [†]
What is DHA?	Docosahexaenoic acid (DHA) is an essential omega-3 fatty acid that is present in every cell in the body. It functions to support the development of the brain and visual functions in newborns. [†]
Why is it important to take folic acid with DHA?	According to the Centers for Disease Control and Prevention (CDC), if all women of childbearing age took a folic acid supplement., up to 70 percent of neural tube defects could be prevented. ^{1,2} Additionally, recent research supported by The March of Dimes found that women who take folic acid supplements for at least one year before becoming pregnant can cut their risk in half of having a premature baby. ³
Who should take folic acid with DHA?	The U.S. Public Health Service recommends that every woman of childbearing age should consume at least 400 mcg of folic acid daily. However, despite this long-standing recommendation, a recent poll found that only four in 10 American women age 18-45 reported taking a vitamin supplement containing folic acid daily. ⁴
Dosage	The recommended dose is one softgel per day, which provides 600 mcg of folic acid, 50 mg of DHA and 50 mcg of B-12.
Where to buy folic acid with DHA	Nature Made Folic Acid with DHA 100-count softgels are sold at food, drug, mass merchandise and club stores nationwide.
Dietary supplement regulation	The dietary supplement industry is regulated by the U.S. Food and Drug Administration and the Federal Trade Commission, as well as by government agencies in each of the 50 states.
Media contact	Pharmavite News Bureau (877) 866-2539 toll free pnbpr@porternovelli.com

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[†] These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

¹Centers for Disease Control and Prevention (CDC). Folic Acid: Frequently Asked Questions. Updated 11/16/05, accessed 11/2/06.

²Berry, R.J., et al. Prevention of Neural Tube Defects with Folic Acid in China. *New England Journal of Medicine*, volume 341, number 20, November 11, 1999, pages 1485-1490.

³American Journal of Obstetrics and Gynecology. Volume 197, Issue 6, Supplement 1, December 2007, Page S3. Society for Maternal-Fetal Medicine: 2008 28th Annual Meeting - The Pregnancy Meeting.

⁴ Gallup Organization and March of Dimes Foundation. Improving Preconception Health: Women's Knowledge and Use of Folic Acid. White Plains, NY, March of Dimes, December 2007