

Your pocket guide to the IMPORTANCE OF FOLIC ACID IN PREGNANCY



Protection for YOUR UNBORN CHILD

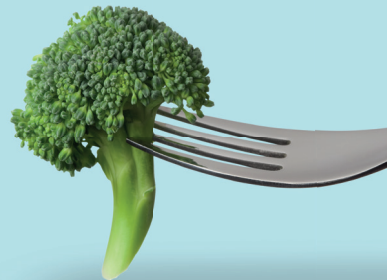
There are simple things you can do from the moment you start planning a pregnancy that can help you to have a happy, healthy baby. One important thing is to take a Folic Acid supplement such as Preconceive 400mcg Folic Acid Tablets, every day, until the end of your first trimester.



What is FOLIC ACID?

Folic Acid is a B vitamin found in green vegetables (such as broccoli), yeast spreads and fortified cereals. However, diet alone is unlikely to provide the level of Folic Acid you need during pregnancy. Research shows that taking a 400mcg Folic Acid supplement such as Preconceive before conception, and throughout early pregnancy, can protect your unborn child from neural tube birth defects, such as Spina bifida.*

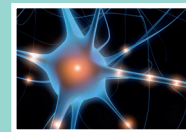
*Research - Medical Research Council Vitamin Study Research Group. Prevention of neural tube defects: results of medical council vitamin study. Lancet 1999; 338 (8760): 131-7



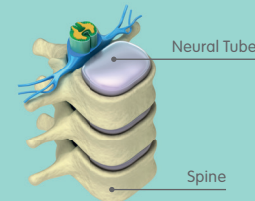
What are NEURAL TUBE DEFECTS?

Neural tube defects are birth defects of the brain, spine, or spinal cord. Spina bifida is one of the most common and literally means 'split spine'. It is caused by a fault in the development of the spinal cord and surrounding bones (vertebrae), leaving a gap or split in the spine. The spinal cord therefore does not form properly, and may also be damaged.

The central nervous system and spine start to develop between the fourteenth and twenty-third day after conception. Spina bifida occurs when the neural tube fails to close correctly. The vertebrae also fail to close in complete rings around the affected portion of the spinal cord. This is what creates the gap at the back of the spinal cord. It can involve one or more vertebrae and is most common at waist level or below.

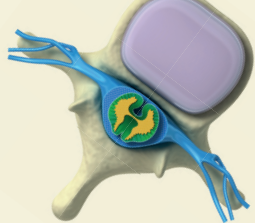


Central Nervous System



Neural Tube

Spine



What are the symptoms OF SPINA BIFIDA?

Spina bifida can cause a wide range of symptoms, including problems with movement, bladder and bowel problems.

The severity of the symptoms of Spina bifida varies considerably as it's largely dependent on the location of the gap in the spine. A gap higher up the spine is more likely to cause paralysis of the legs and mobility difficulties compared with gaps at the base of the spine, which may only cause continence issues.

Spina bifida is also associated with hydrocephalus (more commonly known as excess fluid on the brain). The extra fluid can cause the spaces in the brain, called ventricles, to become too large and the head can swell.

Why choose PRECONCEIVE?

We recommend taking Preconceive as soon as you plan on getting pregnant, until the end of the third month of being pregnant. Swallow one tablet daily with water and food, at about the same time each day.

We recommend you take Preconceive as soon as you start planning your pregnancy until the end of the third month of being pregnant. If you are already pregnant, start taking Preconceive immediately and continue each day until the end of the third month of your pregnancy.

Medical studies have shown that taking a 400mcg Folic Acid supplement such as Preconceive before becoming pregnant can prevent neural tube defects such as Spina bifida forming in babies in the womb.



Looking after YOURSELF



Stop smoking

Research shows that smoking during pregnancy can lead to low birth weight babies and may have other harmful effects. Smoking whilst pregnant is not advisable. To give up, seek help from your doctor, nurse or pharmacist.

Epilepsy, diabetes & coeliac disease

If there is a history of Spina bifida within the family or you have epilepsy, diabetes or coeliac disease, consult your doctor before trying for a baby as you may need to take a much higher dose of Folic Acid which you can only get on prescription.

Eat Well

A healthy diet is always important but especially when you are trying for a baby and during pregnancy. Research has shown that certain foods are best avoided during pregnancy, including pâté, soft cheeses and raw eggs.

For further information visit

www.preconceive.co.uk or www.nhs.uk.

preconceive
400 microgram tablets
— FOLIC ACID —

If you need further information about Folic Acid in pregnancy, speak to your doctor or pharmacist.

@ info@laneshealth.com

www.preconceive.co.uk

Preconceive 400mcg Tablets Folic Acid is used for the prevention of first occurrence of neural tube defects in all women who are planning pregnancy. Contains Folic Acid. Always read the leaflet.

Produced in collaboration with:

www.shinecharity.org.uk

registered charity number 249338



G.R. Lane Health Products Ltd, a company registered in England, number 843899. Registered Office: Sisson Road, Gloucester, GL2 0GR. V.A.T. number: 194 4411 03.

PR004LF