



## Information on Vitamin D and Folic Acid Supplementation in Pregnancy and whilst Breastfeeding

Vitamin D and folic acid supplements can be bought from many pharmacies, supermarkets, and health food shops.

'Healthy Start Vitamins for Women' tablets containing 400 micrograms of Folic Acid and 400 units (10 micrograms) of Vitamin D are designed to be taken at preconception, throughout pregnancy and whilst breastfeeding. They are available at low cost from Family Hubs and some pharmacies across South Yorkshire. They are free to certain groups under the National or local scheme, for further information, ask your midwife.



**The recommended daily dose / preparations for you are shown below:**

### Folic Acid

Taking folic acid during the first trimester of pregnancy reduces the risk of the child developing a neural tube defect. All women should take folic acid supplementation before conception and until week 12 of pregnancy.

- Folic acid 400micrograms daily until at least week 12 of pregnancy.

Or, if you are at a higher risk of conceiving a child with a neural tube defect you will be advised to take a higher daily dose. Your doctor will need to prescribe this higher dose.

- Folic acid 5mg tablets daily (if this strength is needed this will be provided on a prescription from your GP)

### Vitamin D

Taking Vitamin D supplements during pregnancy helps with muscle and bone development, giving babies the best start in life. All women should take Vitamin D supplementation throughout pregnancy and whilst breastfeeding.

- Vitamin D 400 units (10 micrograms) daily whilst pregnant and breastfeeding
- A preparation containing between 800 - 1000 units (20 - 25 micrograms) daily of Vitamin D

### A combination of Folic Acid and Vitamin D

- Healthy Start Vitamins for Women containing 400 micrograms of folic acid and 400 units (10 micrograms) of Vitamin D. Designed to be taken at preconception, throughout pregnancy and whilst breastfeeding