



# It's never too early to ask your health professional about Folic Acid.

Taking Folic Acid before you get pregnant  
reduces the risk of neural tube defects.

For more information on Folic Acid call the Spina Bifida and Hydrocephalus Association of Canada at:

**1 800 565-9488**

**[www.healthcanada.ca/folicacid](http://www.healthcanada.ca/folicacid)**



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Folic Acid: A pre-conceived notion.

Canada