

**The healthier I am,
the happier I am.**



There are lots of great reasons to take multivitamins.

Along with a balanced diet and regular exercise, they're a good way to stay in good health. For just pennies a day, multivitamins with folic acid may help lower your risk of cancer, heart disease and osteoporosis, and may prevent birth defects of the brain and spine. For a healthy, happy you, take a multivitamin every day. To learn more, call the CARE-LINE at 1-800-662-7030 or visit www.getfolic.com.

MULTIVITAMINS
TAKE THEM FOR LIFE

It can be hard to take care of everyone and everything when you're always on the go. But it's easy to take a multivitamin every day. Just one a day can help your body keep up with your busy schedule. So eat smart, move more, get plenty of rest, see your health care provider once a year -- and take a multivitamin every day.



DID YOU KNOW...

- You need to take one multivitamin every day. Place your bottle of multivitamins where you're likely to see it -- on your kitchen counter or next to your keys.
- Multivitamins are easier to digest when taken with one of your daily meals. Plus by making them a part of your everyday routine, you're less likely to forget to take them.
- If you have trouble swallowing pills, try chewable multivitamins.
- Generic multivitamins can be as effective as name brands and often cost less.
- Multivitamins only last a year and can break down over time. Check the expiration date on the bottle.
- Despite what you may have heard, multivitamins do not make you gain weight.
- Multivitamins are a part of a healthy lifestyle. Make sure you eat smart, move more and get plenty of rest.

For more information, visit www.getfolic.com
or call the N.C. CARE-LINE at 1-800-662-7030 (English/Spanish)

TTY: 1-877-452-2514