

**ECHO Final Script – “Folic Acid”**  
**Updated May 27th (b-roll only), 2007**

**-1- (Shots of young [not pregnant] women going about daily life and shots of multi-vitamins.... Be sure to put vids of cereal in last line “multi-vitamins”)**

Taking a multi-vitamin every day is important for the health of all women. Most women don't get everything their body needs from eating healthy foods alone.

Proper nutrition from eating foods like fruits and vegetables helps, but the only way to guarantee your body is getting all the nutrition it needs is to take a multi-vitamin with 400 micrograms of folic acid every day.

[64]

**-2- (Shots of broccoli, citrus fruits, whole grains, dried beans and peas and Be sure to put vids of cereal in last line of “whole grains”)**

Folic acid is the man-made form of folate and is found in most multi-vitamins. Folate is a natural B vitamin we get when we eat dark green leafy vegetables like broccoli and asparagus. Folate is also found in citrus fruits like oranges and grapefruits, whole grains, dried beans and peas. It is good to also eat plenty of these types of foods.

[62]

**-3- (Shots of vitamin pills and labeling of folic acid and healthy foods and mothers eating well if possible)**

It's especially important for women to get enough folic acid because they may become pregnant. Not all pregnancies are planned so it is important to take folic acid on a daily basis to be sure your body has the vitamins it needs if you become pregnant.

[46]

**-4- (Shots of pregnant women, babies and folic acid...)**

Folic acid helps prevent birth defects in babies. Some research also shows it may protect people from heart disease, some cancers and helps with healthy cell growth.

[27]

**-5- (Shots of children with birth defects...)**

Taking folic acid **daily, before and during early pregnancy** can help prevent up to 70% of birth defects known as Neural Tube Defects or N-T-D's.

N-T-D's are birth defects of the spine, skull, and brain.

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**-6- (Shots of children with birth defects...)**

Birth defects that don't allow the brain to fully develop can cause a stillborn or death soon after birth.

Birth defects that affect the spine are called spina-bifida and can cause a child to have life long difficulties such as not being able to walk or run. Some children with spina-bifida may also experience learning problems.

[56]

**-7- (Shots of folic acid pills—different forms like chewable, etc.—and folic acid [400 mcg] amounts on vitamin labeling and shots of multi-vitamins...)**

To help prevent these birth defects women should take a multi-vitamin every day or a folic acid pill found in most drug stores. Folic acid pills cost less and are smaller in size making them easier to swallow. If you have trouble swallowing pills, some multi-vitamins come in a chewable form. There are also some for vegetarians.

[57]

**-8- (Shots of woman brushing teeth and then taking folic acid vitamin ...)**

Because birth defects often develop before a woman knows she's pregnant, all women should take folic acid. If you get in the habit of taking a multi-vitamin as part of your daily routine – such as taking the pill after you brush your teeth in the morning – it will be easier to remember.

[52]

**-9- (Shots of parents and NTD child in wheelchair ['positive' interactions])**

Folic acid is especially important for women with a family history of birth defects. They may need to take a multi-vitamin and extra folic acid as prescribed by a doctor, well before they become pregnant. Never take more than one multi-vitamin each day because it's not healthy.

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**-10- (Shots of young women taking a vitamin as part of their daily routine...)**

A doctor, nurse or WIC dietician can give you more information about folic acid, and other things you can do for your health.

Even if you're not planning on becoming pregnant, starting a routine of taking a multi-vitamin every day will help you stay healthy.

[45]

[Total count 491]