

# Key Messages for ECHO Show #400 & #401 “Folic Acid”

Finalized Script Deadline: Thursday, May 10th, 2007  
Translation Deadline: Wednesday, May 16th, 2007

## *Translators:*

Translate only the words not “number 1, number 2, number 3”.  
Please contact Larry with any questions. Good luck work!

**Number 1:** Folic acid helps prevent birth defects that can cause the death or physical disability of a child.

**Number 2:** It’s hard to get enough folic acid by eating foods alone, but taking a multi-vitamin daily helps ensure enough folic acid is consumed.

**Number 3:** All women who could become pregnant should take 400 micrograms of folic acid daily.

Original key messages 4.18.07:

- Folic acid prevents birth defects.
- All women need folic acid every day.
- Folic acid is found in food and multi-vitamins.