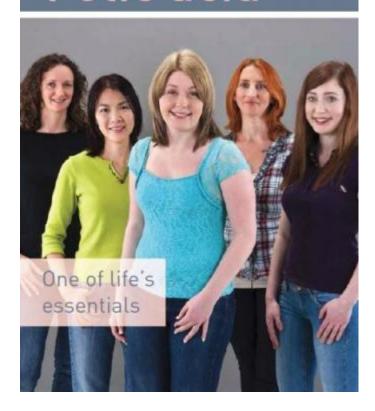
Tuesday, 25 February 2025

Health and Social Wellbeing Improvement

Folic acid



This leaflet for women of child-bearing age explains what folate and folic acid are, why they are important and how to get enough.

Details

Format
6 page A5 leaflet
Target group
Women of child-bearing age

Downloads

Attachment

Size

Folic acid leaflet FINAL 0125 3.97 MB

Tags

- <u>nutrition</u>
- eat well
- <u>eatwell</u>
- <u>food</u>
- <u>supplements</u>

<u>Print</u>