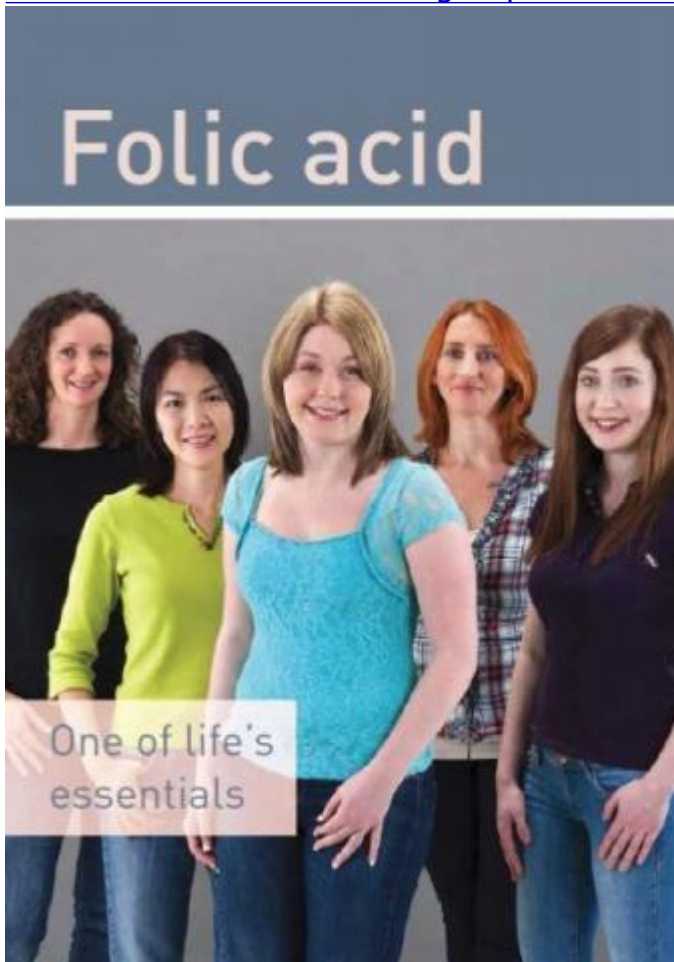


Thursday, 08 February 2024

[Health and Social Wellbeing Improvement](#)



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 0124](#) 289 KB

Tags

- [nutrition](#)
- [eat well](#)
- [eatwell](#)
- [food](#)
- [supplements](#)

[Print](#)