



Take Prenatal Vitamins and Minerals

Prenatal vitamins help you and your baby grow and stay healthy, but be careful when using them:

- Keep your prenatal vitamin and mineral pills out of reach of children.
- If children eat them, they can get very sick or even die.
- If your child does swallow any of your pills, call California Poison Control right away at 1-800-222-1222 and visit www.calpoison.org.



Taking prenatal vitamins and minerals safely:

- Use prenatal vitamins and minerals that are 100% of the U.S. RDA
- Take only one tablet a day. If you take more, it can be harmful.
- Take your prenatal pill with water or juice. Do not take with milk, cheese, or yogurt.
- Take your prenatal pill at bedtime or between meals.

Possible vitamin and minerals discomforts:

- Constipation
- Stomach sickness
- Diarrhea

Talk to your health care provider about your discomforts. Your provider can help find a prenatal vitamin and mineral that works best for you.

TAKE ACTION

My plan to take my prenatal vitamins and minerals:

I will take my prenatal pill at this time: _____

I will remember to take my prenatal pill each day by: _____

I will keep my pills safe from children by: _____

If my pills make me feel uncomfortable, I will contact: _____

When I run out of prenatal pills, I will: _____