

## **Soundbite - Delivering the news about folic acid**

**Dr. Casey Sager, OBGYN, OSF HealthCare**

"Folic acid is an important supplement you should be getting during pregnancy. It helps reduce the risk of neural tube defects. It is readily available both in our diet but additionally as a supplement found in most prenatal vitamins." (:16)

**Dr. Casey Sager, OBGYN, OSF HealthCare**

"Most prenatal vitamins have at least 400 micrograms of folate or folic acid depending on the brand. Unless you have a history of neural tube defects 400 micrograms is adequate. If you have a significant history, then we usually recommend an increase folic acid of one milligram to four milligrams daily." (:22)

**Dr. Casey Sager, OBGYN, OSF HealthCare**

"You'll find daily sources and that's kind of how they come up with a recommendation for a supplement is knowing that most diets contain a certain amount and then the additional 400 micrograms should get you where you need to be." (:12)