



ADR

Tip of the Month

Adequate folate intake can protect offsprings from risks of neural tube defects

Diet: All women of child-bearing age, especially those contemplating pregnancy, should be encouraged to eat folate-rich foods, such as leafy vegetables.

Supplementation: Health Canada guidelines advise women of child-bearing age to take a daily multivitamin containing 0.4 mg of folate. The Society of Obstetricians and Gynaecologists of Canada advocates a much higher intake for women with a family history of neural tube defects.

Food fortification: Current food fortification levels (in flour and cereal products) are based on dietary intake of these products in the 1990s. The Canadian Paediatric Society strongly recommends increasing the level of folic acid food fortification in Canada.

For more information:

www.cps.ca/en/documents/position/folate

***Please report all suspected
adverse drug reactions (ADRs).***