

# PRE-PREGNANCY QUIZ RESULTS



## 5 questions to answer when choosing your prenatal multivitamin

If you are planning a pregnancy or are already pregnant, complete this questionnaire. It will help you identify your nutritional needs and choose a prenatal supplement that suits your state of health and lifestyle. In general, a medical consultation before you become pregnant is instrumental in ensuring that you have the nutritional reserves you need before conceiving and that you keep them throughout pregnancy and breastfeeding.

Use this quiz to start the discussion with your Healthcare Professional.

### Important Risk Information

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Women who consume healthful diets with adequate folate may reduce their risk of having a child with birth defects of the brain or spinal cord. Public health authorities recommend that women consume 0.4 mg folic acid daily from fortified foods or dietary supplements, or both, to reduce the risk of neural tube defects. The safe upper limit of daily intake value for folic acid is 1,000 mcg (1 mg). This product exceeds the DV (1,000 mcg) of folic acid. Folate intake should not exceed 250% of the DV (1,000 mcg). However, Mteryti® and Mteryti® folic 5 tablets may be appropriate for some women under a healthcare professional's supervision.

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

To report suspected adverse reactions, contact Duchesnay USA at 1-855-722-7734 or medicalinfo@duchesnayusa.com or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

This questionnaire is part of the Mteryti website sponsored by Duchesnay USA Inc., a pharmaceutical company primarily devoted to safeguarding the health of expectant mothers and their unborn babies. It is intended for women living in the United States.

## 1. Planning getting pregnant? If so, are you currently taking either a prenatal multivitamin or Folic Acid by itself?

yes no

Because many women are unaware that they are pregnant before the end of their first month of pregnancy, it's important to start taking an adequate dose of folic acid **three months before the pregnancy**. Sufficient folic acid uptake in the **first 28 days of pregnancy** can significantly reduce the risk of neural tube malformation. Also make sure to start your pregnancy with an adequate uptake of iron, iodine, calcium, and vitamins B<sub>12</sub> and D. Taking a prenatal multivitamin that gives you the necessary nutritional reserves may even prove useful when you're trying to become pregnant.

## 2. Do any of the following statements apply to your situation?

- Family history of neural tube defects
- Taking anticonvulsants
- Obesity
- Drug or alcohol abuse
- Smoking
- Problems of malabsorption (e.g. inflammatory bowel disease)
- Liver disease or dialysis
- Type 1 diabetes
- No, none of the above

If you answered yes to at least one of these statements, you may need a dose of folic acid higher than 1 mg during the first three months preceding conception, and for up to 10-12 weeks of pregnancy. Consult your physician.

## 3. Are you on a special diet (e.g. diabetic, gluten-free, vegetarian/vegan or other)?

yes no

If you answered yes, remember that you have the same nutritional needs as a pregnant woman who is not on any particular diet. The absence of certain foods in your diet (e.g. meat, fish, dairy products and eggs) may limit the nutritional uptake you require for your health and for the development of the fetus. Adequate vitamin supplementation may prove useful when you're planning a pregnancy.

## 4. Do you eat animal or fish liver (e.g. cod liver oil or liver pâté) or a vitamin A supplement (or other multivitamin containing retinol)?

yes no

Your vitamin A uptake must not exceed a maximum of 3000 µg of retinol activity equivalents (EAR) or 10,000 international units (IU). Higher intake may be harmful for your baby's development.

## 5. Have you already obtained information on following a healthy diet during pregnancy (including which foods to avoid or limit during pregnancy, and food safety)?

yes no

The [mteryti.com](http://mteryti.com) site is a good source of general information. In the Resources section, you'll also find a list of useful websites.