



Kim Hahn
Founder

vitamins, vitamins, vitamins

Dear Readers,

Remember how our moms and grandmothers always reminded us to eat our veggies, drink milk, and munch an apple a day? Well, they knew what they were talking about. The nutrients in fruits, vegetables, and dairy definitely do a body good, providing nourishment that's essential to health. And, of course, all of this is vital to women who are trying to conceive. It's important now, more than ever, to make sure you're getting the recommended amounts of key vitamins and minerals, especially folic acid. Women should take at least 400 micrograms of folic acid daily, even before conception. That's because this B vitamin is critical to your baby's physical and neurological development in the first six weeks of pregnancy. A couple of years ago, on a "Conceive On Air" podcast, I interviewed Margaret Comerford Freda, Ed.D., a professor of clinical obstetrics and gynecology and women's health at Albert Einstein College of Medicine in New York City. When I asked her what was the single most important thing a woman can do to help ensure a healthy baby, her answer was: Take a multivitamin every day.

The good news is that you don't have to wait for a prescription from your doctor, or even have health insurance, to get a prenatal multivitamin these days. You can pick up a bottle at the grocery store, like the new One A Day Women's Prenatal (thank you, Bayer—I have been waiting for this product for years), or you can do what Trista Sutter, formerly of "The Bachelorette," did when she was expecting, and take Flintstones chewables. The cost can be as low as 30 cents per day. Isn't your future baby's health worth it?

I am so happy that vitamin and other consumer product companies are giving more attention to the preconception market by creating new products for women.

It's never too soon to start popping a vitamin! But before you do, always consult with your doctor and make sure to get answers to any questions or concerns you might have.

A handwritten signature in black ink that reads "Kim". The signature is written in a cursive, flowing style.