



# FIG

The Folic Acid in  
Gestation Study

## About the study supplements

If you decide to take part in The FIG Study, you will be randomly assigned (like tossing a coin) to receive one of two study supplements:

- One of the supplements contains a standard amount of folic acid (500 mcg - CONTROL).
- The other group contains no folic acid (0 mcg – INTERVENTION).

Other than one of the supplements not containing folic acid, the vitamins and minerals are like the leading brands of prenatal supplements available in Australia.

Ingredients	Intervention	Control
Folic Acid	0 mcg	500 mcg
Iodine	150 mcg	150 mcg
Iron	10 mg	10 mg
Vitamin D	10 mcg (400 IU)	10 mcg (400 IU)
Beta carotene	2500 IU	2500 IU
Vitamin E	13.5 mg AT	13.5 mg AT
Vitamin C	85 mg	85 mg
Niacin	18 mg	18 mg
Pantothenic acid	6 mg	6 mg
Vitamin B6	1.9 mg	1.9 mg
Thiamine	1.4 mg	1.4 mg
Riboflavin	1.4 mg	1.4 mg
Biotin	30 mcg	30 mcg
Vitamin B12	5 mcg	5 mcg
Calcium	250 mg	250 mg
Magnesium	50 mg	50 mg
Zinc	5 mg	5 mg
Manganese	2 mg	2 mg
Copper	1 mg	1 mg
Selenium	30 mcg	30 mcg

## Contact us

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