



# 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
Iron	10 mg	10 mg
Iodine	150 mcg	150 mcg
Vitamin D3	10 mcg (400 IU)	10 mcg (400 IU)
Thiamine (B1)	1.4 mg	1.4 mg
Riboflavin (B2)	1.4 mg	1.4 mg
Niacotinamide (B3)	18 mg	18 mg
Pyridoxine (B6)	1.9 mg	1.9 mg
Methylcobalamin (B12)	5 mcg	5 mcg
Pantothenic acid	6 mg	6 mg
Biotin	30 mcg	30 mcg
Vitamin C	85 mg	85 mg
Vitamin E	13.5 mg	13.5 mg
Beta carotene	1500 mcg	1500 mcg
Calcium	250 mg	250 mg
Zinc	7.5 mg	7.5 mg
Selenium	30 mcg	30 mcg
Magnesium	50 mg	50 mg
Copper	1 mg	1 mg
Manganese	2 mg	2 mg

## Contact us

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