



Are You Pregnant?

We invite you to participate in a nutrition study at the University of British Columbia

- Are you **less than 21 weeks gestation** and between the ages of **19-42 years**?
- Do you live in the greater Vancouver area?

IN THIS STUDY: we will provide you with free prenatal multivitamins and **folic acid or natural folate** to take for 16 weeks of your pregnancy. All supplements are **approved by Health Canada** and will meet your pregnancy nutrition needs. This study will involve 2 visits and about 1.5 hours of your time.



Compensation will be provided as a thank you for participating

Principal Investigator: Dr. Crystal Karakochuk, RD, PhD

Research Coordinator: Kelsey Cochrane, RD, MSc Candidate

Contact: 778-837-8042 or Kelsey.cochrane@ubc.ca if you are interested in participating