



# 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 **19-40 years**?
- ♦ Do you live in Vancouver?



**IN THIS STUDY:** we will provide you with standard prenatal vitamins with **folic acid or folate** to take during your pregnancy. All supplements are **approved by Health Canada** and will meet your pregnancy nutrition needs

This study will involve 2 visits (1.5 hours total).

**As compensation for participating you will receive:**

- Prenatal vitamins (**worth up to \$100**)
- Feedback on your pregnancy nutrition status
- Reimbursement for Parking or Public Transit (up to \$20)
  - \$25 per visit; **\$50 total**

**Principal Investigator:** Dr. Crystal Karakochuk, RD, PhD

**Research Coordinator:** Kelsey Cochrane, RD, MSc Candidate

**Contact:** 778-837-8042 or [Kelsey.cochrane@ubc.ca](mailto:Kelsey.cochrane@ubc.ca) if you are interested in participating