

## Dosing and Other Guidance

Pregnant women have an increased need for vitamins and minerals throughout pregnancy. Providing supplemental nutrition in the form of a daily Multiple Micronutrient Supplement (MMS) is an excellent way to meet this increased need. To improve the health of the mothers and children, one MMS tablet should be taken daily for 180 days. Ensuring adequate nutrition significantly improves maternal health, the likelihood of a successful pregnancy, and the lifelong health and wellbeing of the child.

### **Vitamins and minerals, like those found in this multiple micronutrient supplement (MMS), can help:**

- Reduce maternal anemia, night blindness, and other symptoms caused by vitamin and mineral deficiencies.
- Improve birth weight, decrease the number of small-for-gestational-age (SGA) newborn infants, decrease preterm births, and reduce infant mortality.
- Support the development of a healthy immune system during infancy.
- Promote physical and cognitive development in children.

**Proper dissemination of MMS:** A bottle containing 180 MMS tablets should be given to a woman to use during her pregnancy. As soon as a woman learns she is pregnant, she should begin taking the vitamins daily for the next 180 days.

### **Multiple micronutrient supplement (MMS) dosing instructions how to take a MMS tablet:**

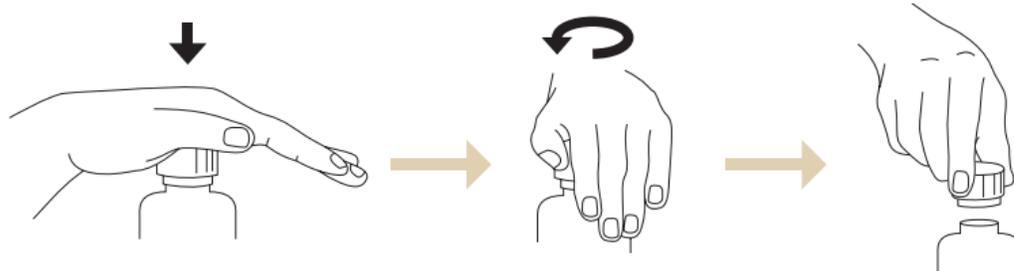
- It is helpful to create routines or reminders that trigger a pregnant woman to take the MMS on a daily basis.
- Do not exceed one tablet per day.

### **How often to take a MMS tablet:**

- MMS tablets should be taken every day, but only one tablet once a day.

**How to open child-resistant, screw top caps:** Before allowing a pregnant woman to take a bottle of MMS home, ensure that she is able to open the child resistant cap.

- To open: Use palm of hand to press firmly down on cap.
- Turn cap in the direction indicated by the arrows (counter-clockwise).
- Remove cap. Make sure cap is tightly closed after use.



**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or poison control center immediately.

**Possible side effects of MMS:** When taken as directed, MMS tablets are not expected to cause serious side-effects; however, some women experience upset stomach, constipation, headaches, or an unusual or unpleasant taste in their mouth after taking the tablet. Many of these side effects are temporary and will go away as the body adjusts to the medication. Take MMS with water, snacks or at bedtime to reduce side effects.

**Do not eat:** The little canister inside the bottle contains silica gel; although it is non-toxic and not harmful if swallowed (it is basically sand), it should not be eaten. The canister should remain in the bottle/container as it helps to absorb moisture (water) and maintains the quality of the Multiple Micronutrient Supplements (MMS). However, caution should be taken to keep the canister out of the reach of small children, because the silica gel canister may be a choking hazard.