

Women have an increased need for vitamins and minerals throughout pregnancy. Providing supplemental nutrition in the form of United Nations International Multiple Micronutrient Antenatal Preparation (UNIMMAP) multiple micronutrient supplement (MMS) is an excellent way to improve maternal health, decrease the risk of maternal anemia, and lead to healthier birth outcomes.

## Healthcare providers need to know how to give UNIMMAP MMS to women who are pregnant:

- Give each pregnant woman a bottle containing 180 UNIMMAP MMS tablets to use during her pregnancy.
- Encourage women to take one tablet daily during pregnancy or until bottle is empty if tablets remain after delivery.
- Inform women about safe storage, dosage, side effects, and **warnings**, and show them how to open the child-resistant cap.

## Healthcare providers should provide women who are pregnant with the following information regarding UNIMMAP MMS:

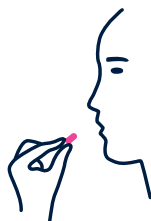
### Storage:

- Store the UNIMMAP MMS bottle in a cool, dry place, between 15° and 30° C.
- Keep the bottle tightly closed and out of reach of children.

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

### Dosing:

- Take one – and only one – UNIMMAP MMS tablet every day until the bottle is empty.
- Tip: Create routines or reminders to ensure UNIMMAP MMS tablets are taken on a daily basis.

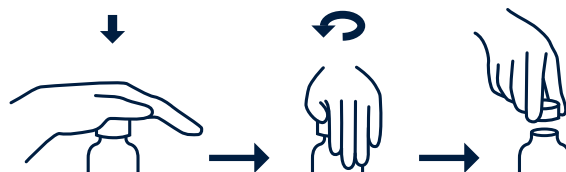


### Possible side effects:

- When taken as directed, UNIMMAP MMS tablets are not expected to cause serious side effects; however, some women experience upset stomachs, constipation, headaches, or an unusual or unpleasant taste in their mouth after taking the tablet. These side effects are often temporary and will go away as the body adjusts to the nutritional supplement.
- Tip: Taking UNIMMAP MMS with liquids, food, or at bedtime can reduce side effects.

### Packaging:

- **Child-resistant cap:**
  - To open, use palm of hand to press firmly down on the cap.
  - Turn the cap in the direction indicated by the arrows (counter-clockwise).
  - Remove the cap.



- **Desiccant canister:**
  - The small canister inside the bottle contains silica gel; although the silica gel is non-toxic, it should not be eaten.
  - Caution should be taken to keep the canister out of the reach of small children, because the silica gel canister is a choking hazard.
  - The canister should remain in the bottle/container, as it helps to absorb moisture (water) and maintains the quality of the UNIMMAP MMS.

