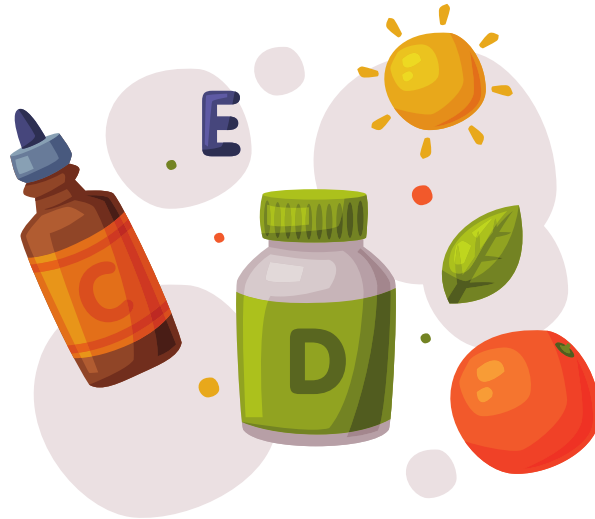


Free vitamins for pregnant women, new mums, and children under 4



If you're pregnant you can have free Healthy Start vitamins up to your baby's 1st birthday.

Your children can have free Healthy Start vitamin drops from the age of 4 weeks until their 4th birthday.

Ask your midwife or health visitor today.

Find out more by scanning the QR code or visit:



<https://www.healthystart.nhs.uk/frequently-asked-questions/vitamin-faqs/>

Children who are having 500ml or more of formula a day do not need these vitamins.

You or your children should not take more than the recommended amount.