

Dreams: Kyrgyz Republic Television Ad

I wish my child is born healthy. It is the most important thing. I also want my child to grow up healthy, smart, and strong. I know that just dreaming is not enough. That is why I went to my doctor as soon as I thought I might be pregnant to get her advice. Now I'm following my doctors' recommendations and that includes taking iron and folic acid supplements every day. Taking IFA with a meal once a day ensures that I don't get anemia, so my child feels comfortable and I have more energy.

Ministry of Health recommends daily taking folic acid supplement three months prior to and during pregnancy and taking iron supplement during the pregnancy and the first three months after giving birth. This prevents anemia, a condition which can cause miscarriage and other birth complications.