

Recommended Care

Regular antenatal and postnatal check-ups are essential for monitoring your health and the baby's development.



Balanced Diet

Supplements are not a substitute for a balanced diet. Continue to eat a variety of nutrient-rich foods.



UNLOCKING BETTER MATERNAL AND CHILD HEALTH OUTCOMES



MULTIPLE MICRONUTRIENT SUPPLEMENTS for Pregnant and Lactating women in Bhutan



unicef for every child

Issued in the Public Interest

What are Multiple Micronutrient Supplements (MMS)?

MMS are supplements providing several vitamins and minerals to cover up the nutrient gaps in pregnant and breastfeeding women. MMS are proven safe and cost-effective intervention to reduce adverse pregnancy and birth outcomes.



MMS help combat fatigue and boost energy levels, supporting the mother's overall health and well-being during pregnancy and breastfeeding.



MMS will address the issues of micronutrient deficiencies during pregnancy and breastfeeding.

How to Take MMS?



Take one tablet daily during the entire pregnancy and first six months of breastfeeding.



Avoid taking high doses of individual vitamins or minerals without medical supervision.



Why do you need MMS?

Pregnancy and breastfeeding are critical periods in your life and your nutritional needs increase significantly. MMS play a vital role in ensuring the health and well-being of both mothers and their babies. Key benefits are:



Adequate micronutrient intake reduces risk of 'small for gestational age' and low birth weight.



How to store?



Store MMS in a cool, dry place, away from direct sunlight and out of reach of children.



When to take?



- » Take **ONE** tablet daily
- » Every **NIGHT** before bed

