

# Folic Acid Social Media Toolkit

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*You can share the images and captions in this toolkit on your social media pages and accounts to increase awareness about folic acid.*

## **Posting Instructions**

1. Save Image:
  - Right click (or tap and hold) on the image.
  - Choose "Save Image As" or "Download Image" to save it on your computer or phone.
2. Open your Social Media App or site:
  - Go to the platform you'd like to post on (e.g., Instagram, Facebook, Twitter/X, LinkedIn).
3. Create a New Post:
  - Click or tap the (+) or "Create Post" button.
  - Choose "Photo" or upload Image" and select the saved image.
4. Add the Caption:
  - Copy and paste the suggested caption from this toolkit and into the text box.
5. Post:
  - Double-check everything looks good.
  - Hit "Post" or "Share" and you're done!

If you have questions or need assistance sharing the images, please email:  
[birthdefects@dshs.texas.gov](mailto:birthdefects@dshs.texas.gov)

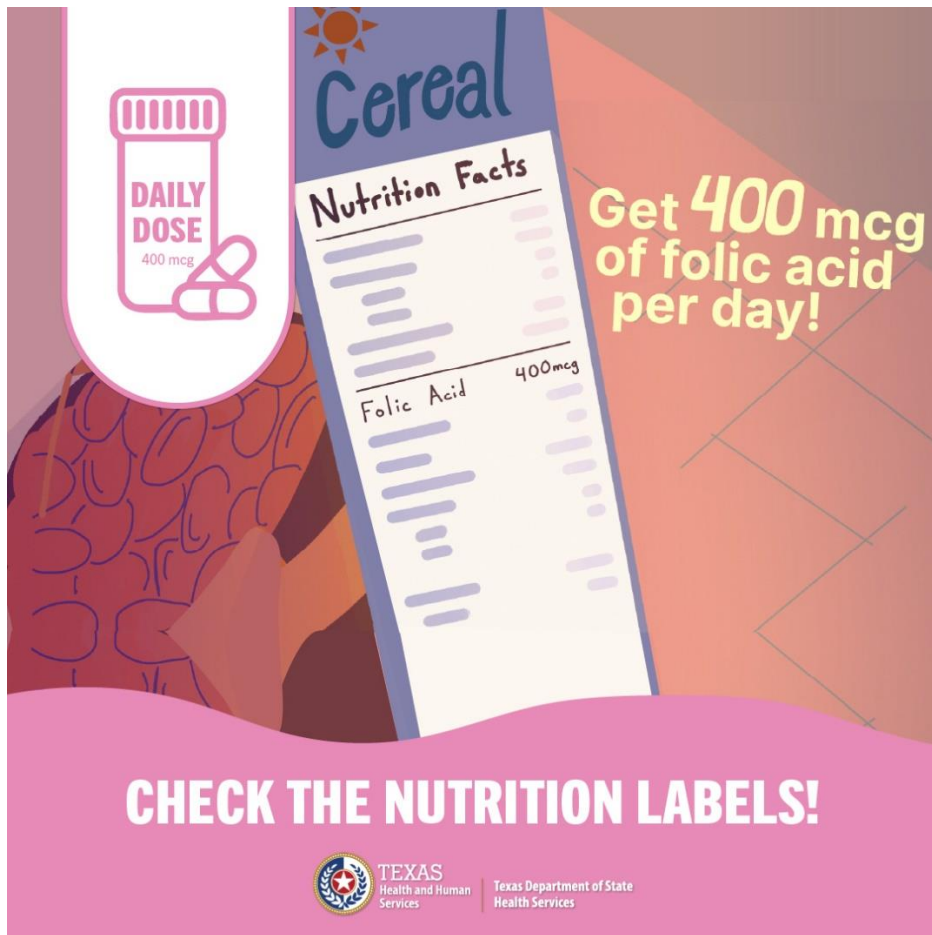
## Post 1



### Social Caption:

Folic acid, also known as vitamin B9, is key for women's health. While it's often associated with pregnancy, its benefits go far beyond family planning. Folic acid helps your body produce healthy cells and support hair and nail growth. It can also help reduce the risk of birth defects. Make folic acid part of your routine. Start taking 400 micrograms (mcg) of folic acid today to feel your best. Learn more at [dshs.texas.gov/folicacid](https://dshs.texas.gov/folicacid)

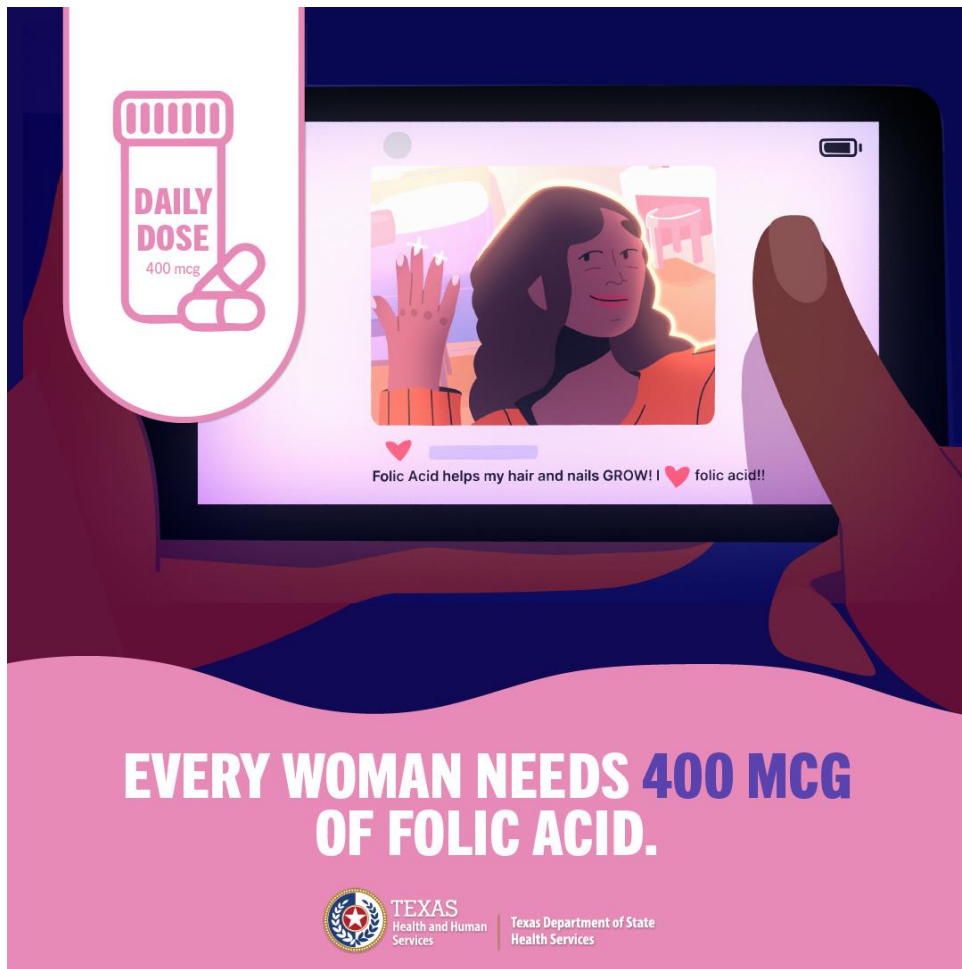
## Post 2



### Social Caption:

Folic acid, also known as vitamin B9, is key for women's health. While it's often associated with pregnancy, its benefits go far beyond family planning. Folic acid helps your body produce healthy cells and support hair and nail growth. It can also help reduce the risk of birth defects. Make folic acid part of your routine. Start taking 400 micrograms (mcg) of folic acid today to feel your best. Learn more at [dshs.texas.gov/folicacid](https://dshs.texas.gov/folicacid)

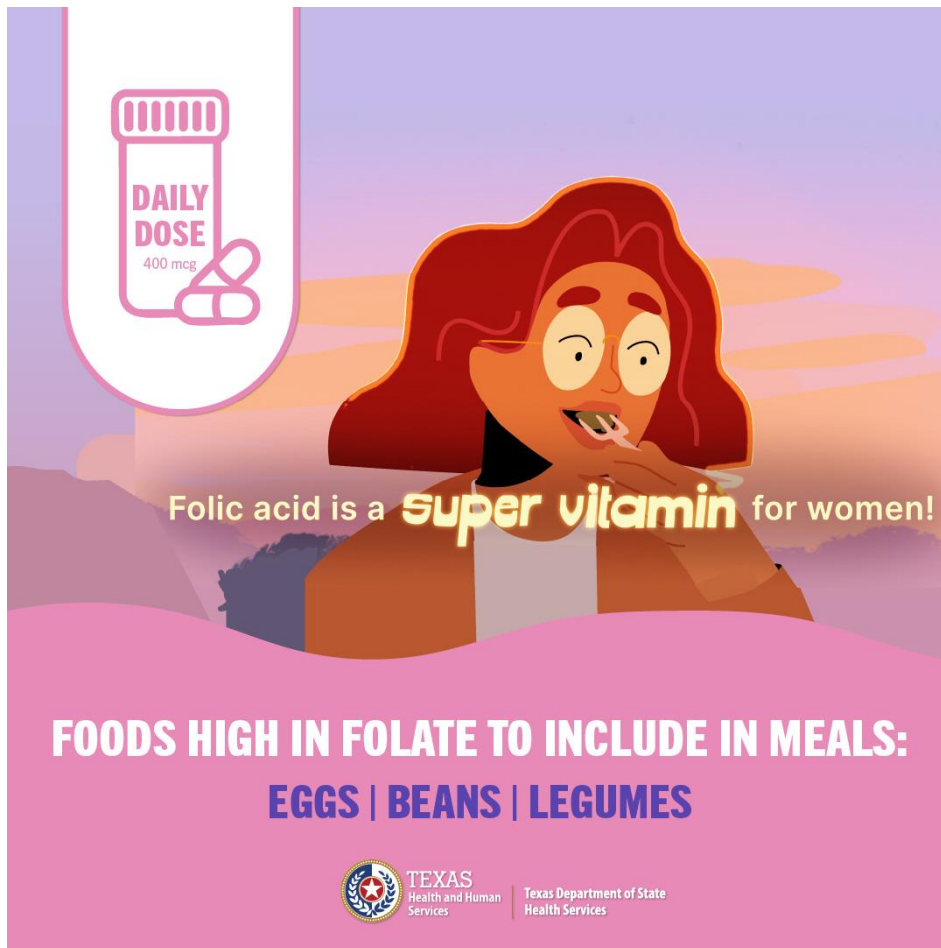
## Post 3



### Social Caption:

Folic acid promotes healthy cell growth and can help your hair and nails grow. And, when you are ready to have a baby, taking folic acid before and during early pregnancy can help prevent birth defects. Folic acid is a beauty must-have for your daily routine. Start your folic acid journey today and feel the difference. Learn more at [dshs.texas.gov/folicacid](https://dshs.texas.gov/folicacid)

## Post 4



### Social Caption:

Folic acid = the ultimate vitamin for women.

Eat foods that are naturally high in folate, such as dark leafy vegetables.

Taking folic acid now means you're taking care of your future self.

Start adding it to your routine today!

Learn more about the benefits of folic acid at [dshs.texas.gov/folicacid](https://dshs.texas.gov/folicacid)

Folic Acid YouTube video: [https://www.youtube.com/watch?v=czpO\\_V-7jSo](https://www.youtube.com/watch?v=czpO_V-7jSo)



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