My MMS Calendar

D D / M M / Y Y Y Y

Date of receiving 1st MMS bottle

One tablet, many benefits!

Take your MMS once every day.

MMS has 15 vitamins and minerals in one tablet. It supports a healthy pregnancy and is good for your baby's growth and development.

Start taking MMS once you know you are pregnant. Take it throughout pregnancy, even if you feel healthy and strong. Each day, swallow one tablet with water.

MMS is safe. Take it even if you have serious illness (diabetes, high blood pressure, heart disease) or history of miscarriage.

MMS is safe and does not have major side effects. If you experience minor side effects, take MMS at night or with food (avoid taking it with tea or milk products).

Keep your MMS in its original bottle (tightly closed). Store it in a cool, dry place where you can see it to remember taking it.

Mark your calendar each day you take your MMS tablet. Hang this where you can easily see it. Remember to bring your MMS calendar and MMS bottle to every ANC session.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Congratulations! You have consumed your first 100 tablets of MMS. Please ask your healthcare provider for your second MMS bottle.				

Next ANC session

Visit number:	**Visit number:**	**Visit number:**	**Visit number:**
Date: D D / M M / Y Y Y Y	**Date:** D D / M M / Y Y Y Y	**Date:** D D / M M / Y Y Y Y	**Date:** D D / M M / Y Y Y Y

Continue on the next page

NUTRITION INTERNATIONAL

Ministry of National Health Services, Regulations and Coordination, Government of Pakistan

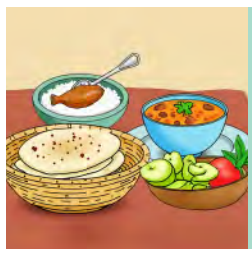
My MMS Calendar

D D / M M / Y Y Y Y

Date of receiving 2nd MMS bottle

One tablet, many benefits!

Take your MMS once every day.



MMS does not replace food. Take one tablet daily, alongside a healthy balanced diet.

To help you remember, link taking MMS with a daily routine. For example, after a prayer, with a meal, or before bedtime. If you forget to take it (or you stop), continue by taking only one tablet per day.

You could also ask a family member to help remind you to take your MMS tablet daily.

This MMS is just for you. Do not give the tablets to others. You can take leftover MMS tablets after you give birth and/or while breastfeeding.

Keep going to your regular ANC sessions to check-up on your pregnancy. Remember to bring your MMS bottle and your calendar to every ANC session.

Continue to mark your calendar each day you take your MMS tablet. Remember to bring it to every ANC session.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Congratulations on taking your MMS tablets throughout your pregnancy!				

Next ANC session

Visit number:	Visit number:	Visit number:	Visit number:
Date: D D / M M / Y Y Y Y	Date: D D / M M / Y Y Y Y	Date: D D / M M / Y Y Y Y	Date: D D / M M / Y Y Y Y

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