

## What can help you remember to take MMS everyday

- Keep the MMS bottle where you can easily see it
- Set alarms as a reminder
- Ask your partner or family member to remind you to take MMS
- Have a regular time at which you take your MMS
- Tick on the MMS calendar each time you take a tablet

## Do MMS have any side effects?

- Yes, however, most women do not have any side effects at all
- Some women may experience mild side effects which reduce as they continue taking MMS
- Some side effects include dark stool, dizziness, constipation, diarrhoea, change in taste and stomach upset
- If side effects continue, go and talk to the healthcare provider at the nearest health facility

## How do you keep MMS?

- Always keep MMS tablets in the bottle
- The bottle cap should be tightly closed at all times
- Each bottle contains a silica gel desiccant to help keep the tablet dry and to protect them from being spoiled



- Keep the bottle away from children
- Keep in a cool, dry place away from direct sunlight and hot surfaces
- Do not keep in the fridge



THE POWER OF  
**nutritio<sup>n</sup>**



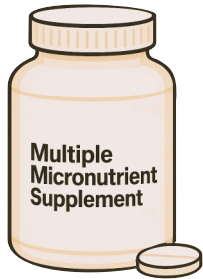
**Republic of Zambia  
Ministry of Health**

## Multiple Micronutrient Supplements (MMS)



**For a healthy mother  
and baby**

## What is Multiple micronutrients supplements (MMS)?



- These are daily nutritional supplements given to pregnant women for a healthy pregnancy and baby
- MMS contains 15 micronutrients (Vitamins and minerals) that include Iron and Folic Acid

### 15 MICRONUTRIENTS FOUND IN MMS

#### Vitamins

- Vitamin A
- Vitamin B1,
- Vitamin B2,
- Vitamin B3,
- Vitamin B6,
- Vitamin B12
- Vitamin C
- Vitamin D
- Vitamin E
- Folic Acid

#### Minerals

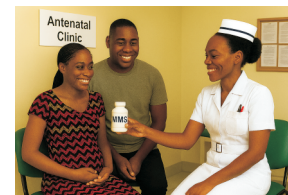
- Zinc
- Iron
- Copper
- Selenium
- Iodine

## What are the benefits of MMS to the Mother and the baby?

Mother	Baby
<ul style="list-style-type: none"> <li>○ Prevents anaemia and helps reduce tiredness</li> <li>○ Supports bone health</li> <li>○ Reduces nutrition related complications during pregnancy</li> <li>○ Boosts the immune system</li> <li>○ Reduces night blindness in pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>○ Reduces the risk of birth abnormalities</li> <li>○ Support healthy brain development</li> <li>○ Promotes strong bones and teeth</li> <li>○ Reduces the chance of the baby being born with low weight</li> <li>○ Reduces the chance for premature births</li> <li>○ Reduces the chance of baby dying before 6 months</li> <li>○ Reduces the chance of baby dying before birth</li> </ul>

## When do you get MMS?

- You can get MMS during your antenatal care (ANC) visit at the health facility
- Attending ANC early in the first three months means you will receive MMS early
- Starting to take MMS early allows you to get more benefits for you and the baby



## How do you take MMS?

- Take 1 tablet of MMS everyday throughout your pregnancy
- If any MMS tablets remain after delivery, continue taking 1 tablet everyday until all MMS tablets are finished from the bottle.
- If you forget to take a tablet for a day, take one when you remember. Continue taking the following day at your usual time. Do not take 2 tablets in a day.
- To get the best benefits from MMS, take the MMS tablets two hours after a meal



**NOTE: Taking MMS does not replace eating a variety of locally available foods**