



Get Smart.

Protect your baby's brain.

If you are considering pregnancy, or if you are pregnant or breastfeeding, The Australian Thyroid Foundation has an important message for you about iodine supplementation and your baby's health.

*Thyroid
Awareness
Week* 1-7 June



The Australian
Thyroid Foundation Ltd

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If you are considering pregnancy, or if you are pregnant or breastfeeding, **adequate iodine intake** is essential for the brain development of your baby.

Australian research shows that 50% of pregnant women are **iodine deficient**, which can affect the development of the foetal brain and lead to lower intelligence and learning difficulties.

The Australian Thyroid Foundation recommends you take a specially-formulated **pregnancy supplement** containing at least 250mcg of iodine, such as Blackmores Pregnancy & Breast-feeding Gold. Also, replace the salt you use with **iodised salt**, to ensure you get adequate iodine in your diet.

Safeguard your baby's health and speak with your GP or obstetrician about the benefits of iodine supplementation or visit our website www.thyroidfoundation.com.au for more information.

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Thyroid Disorders and Pregnancy Part 1

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