

# Get Smart.

## Protect your baby's brain.

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**<sup>1</sup>, which can affect the development of the foetal brain and lead to lower intelligence and learning difficulties.

Safeguard your baby's health and speak with your GP or obstetrician about the benefits of iodine supplementation or visit [www.thyroidfoundation.com.au](http://www.thyroidfoundation.com.au) for more information.

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