

## PRENATAL VITAMINS

When shopping for a vitamin, look for one that contains:

- Folic Acid — 800 mcg
- Calcium — 250 mg
- Iron — 30 mg
- Vitamin C — 50 mg
- Zinc — 15 mg
- Copper — 2 mg
- Vitamin B6 — 2 mg
- Vitamin D — 400 IUs
- DHA — 200 mg

### **JUST SAY *NO* TO GUMMIES!**

*They do not have any iron, which is essential during pregnancy, and your body cannot use the ingredients as well as with a normal prenatal vitamin.*

- make sure your DHA supplement is a non-fish source of DHA; fish sources may have too much mercury. Anything with the Life's DHA logo is safe.



Here are a few good over-the-counter (or on Amazon, as the prices here compare) choices that all have DHA. If you cannot take a large prenatal vitamin and are just taking a multi-vitamin or two Flintstones Complete, please take a separate DHA supplement.

- NatureMade Prenatal Multi + DHA
  - This has a large dose of DHA, which is a fatty acid crucial to fetal brain development.
  - about \$15 for 90 day supply
- One-A-Day Prenatal
  - This one has been monitored by an independent lab to ensure that it really has all the ingredients it claims. (Since supplements are not monitored by the FDA, you may not be getting everything they promise.)
  - about \$28 for 90 day supply
- Enfamil Expecta Prenatal Dietary Supplement
  - This is broken up into two pills, which may be easier on your stomach.
  - about \$46 for a 90 day supply

If you are having trouble paying for your prenatal vitamin or if you are experiencing any discomfort such as nausea or constipation, please let us know. Some insurances may cover the cost of your prenatal vitamin (verify with your insurer to be sure), so we may also be able to write you a prescription.