

PRENATAL VITAMINS

Like any supplementation, prenatal vitamins have both benefits and limitations. It is important that each pregnant person decides if supplementing with prenatal vitamins are what is best for them in this pregnancy.

Prenatal Vitamin Brands and Pricing:

- Ritual \$39
- Thorne \$72
- Nature Made \$52
- Hello Bello \$12
- Mary Ruth's Organincs \$37
- Rainbow Light \$20

Vitamin A

Omega 3
DHA

Vitamin
B12

Iodine

Folate

Choline

Vitamin D

Magnesium

Calcium

Vitamin B6

Iron

Ideally your prenatal vitamin includes the following micronutrients:

Nutrition is a crucial aspect of preconception and pregnancy care. How we nourish our bodies lays out how our baby and their placenta will develop. How we care for our bodies in pregnancy can have a literal impact on our children for the rest of their lives. For example, supplementing folic acid/folate in pregnancy can help prevent neural and spinal tube defects.

If a pregnant individual's diet consists of mainly whole foods that have a variety of colors, there is a high likelihood that they don't need a prenatal vitamin to supplement. For individuals struggling with food intake due to pregnancy, disordered eating, or economical factors, taking a supplement can be a great way to guarantee the right nutrients are getting to your baby.

Prenatal vitamins include small amounts of iron in them but for individuals who experience anemia, it is a good idea to take a separate iron supplement on its own.

American Pregnancy Association. (2022, January 27). Prenatal vitamin limits. [Prenatal Vitamin Brands: United States Preventative Taskforce. \(2015\). Recommendation: Iron deficiency anemia in pregnant women: Screening and supplementation. https://uspreventiveservicestaskforce.org/uspstf/recommendation/iron-deficiency-anemia-in-pregnant-women-screening-and-supplementation#fullrecommendationstart](https://uspreventiveservicestaskforce.org/uspstf/recommendation/iron-deficiency-anemia-in-pregnant-women-screening-and-supplementation#fullrecommendationstart)