

# A GUIDE TO PRENATAL VITAMINS

While there are several important nutrients to look for, ensuring your prenatal contains 27 mg of iron is key. That is because it is nearly impossible to meet the required amount of iron to support a healthy pregnancy with diet alone. To help you find a prenatal that contains adequate iron, check out the list below.

## TheraNatal Complete

Click brand names to view their websites

\*Contact your BCWC provider to receive a referral code

|                      |                     |
|----------------------|---------------------|
| Folic Acid: 1000 mcg | Calcium: 140 mg     |
| Iron: 27 mg          | Vitamin C: 100 mg   |
| Vitamin D: 25 mcg    | Omega 3 DHA: 400 mg |
| Choline: 100 mg      |                     |

Serving Size: One capsule per day

Available at: TheraNatal Website

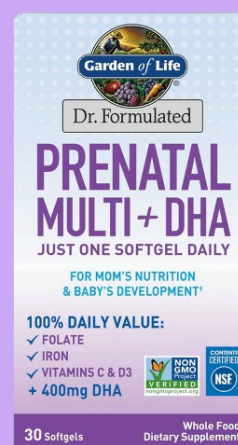


## Garden of Life

|                     |                     |
|---------------------|---------------------|
| Folic Acid: 800 mcg | Calcium: 0 mg       |
| Iron: 27 mg         | Vitamin C: 120 mg   |
| Vitamin D: 15 mcg   | Omega 3 DHA: 400 mg |
| Choline: 0 mg       |                     |

Serving Size: One capsule per day

Available at: Walmart, Target, Walgreens



## Naturelo

|                     |                   |
|---------------------|-------------------|
| Folic Acid: 800 mcg | Calcium: 225 mg   |
| Iron: 27 mg         | Vitamin C: 120 mg |
| Vitamin D: 20 mcg   | Omega 3 DHA: 0 mg |
| Choline: 100 mg     |                   |

Serving Size: One capsule per day

Available at: Walmart, Target



## Nature Made

|                     |                     |
|---------------------|---------------------|
| Folic Acid: 800 mcg | Calcium: 150 mg     |
| Iron: 27 mg         | Vitamin C: 85 mg    |
| Vitamin D: 25 mcg   | Omega 3 DHA: 200 mg |
| Choline: 0 mg       |                     |

Serving Size: One capsule per day

Available at: Walmart, Target, Walgreens, HEB

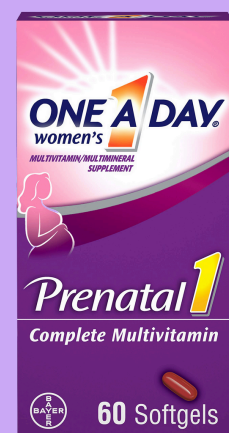


## One a Day

|                     |                     |
|---------------------|---------------------|
| Folic Acid: 800 mcg | Calcium: 150 mg     |
| Iron: 27 mg         | Vitamin C: 85 mg    |
| Vitamin D: 15 mcg   | Omega 3 DHA: 200 mg |
| Choline: 0 mg       |                     |

Serving Size: One capsule per day

Available at: Walmart, Target, HEB



## Nature's Bounty

|                     |                     |
|---------------------|---------------------|
| Folic Acid: 800 mcg | Calcium: 175 mg     |
| Iron: 28 mg         | Vitamin C: 100 mg   |
| Vitamin D: 10 mcg   | Omega 3 DHA: 200 mg |
| Choline: 0 mg       |                     |

Serving Size: One capsule per day

Available at: Walmart, Target



# WHEN PICKING A PRENATAL VITAMIN, CONSIDER THIS:

It is also important to note that many of the best prenatal vitamins (including our recommendations) lack the recommended amounts of:

- Vitamin D (15 mcg)
- Choline (450 mg)
- Calcium (1000 mg)
- Omega-3 DHA (300 mg)

## 1. Folic Acid Amounts

The RDA (recommended dietary allowance) for folic acid during pregnancy is 400 mcg. The importance of folic acid during pregnancy is to prevent neural tube defects.

## 2. Iron Amounts

The RDA for iron during pregnancy is 27 mg. The importance of iron during pregnancy is to prevent iron deficiency anemia.

## 3. Vitamin D Amounts

The RDA for vitamin D during pregnancy is 15 mcg. The importance of vitamin D during pregnancy is to ensure proper fetal skeleton development and growth.

## 4. Choline Amounts

The RDA for choline during pregnancy is 450 mcg. The importance of choline during pregnancy is to ensure proper fetal cognitive development. Many prenatal vitamins do not supply proper amounts of choline, therefore it is important to seek supplement advice from a dietitian.

## 5. Calcium Amounts

The RDA for calcium during pregnancy is 1000 mg. The importance of calcium during pregnancy is to help strengthen bone development of the fetus. Many prenatal vitamins do not supply proper amounts of calcium, therefore it is important to seek supplement advice from a dietitian.

## 6. Vitamin C Amounts

The RDA for vitamin C during pregnancy is 75 mg. The importance of vitamin C during pregnancy is to support tissue growth.

## 7. Omega 3 DHA Amounts

The RDA for omega 3 DHA during pregnancy is 300 mg. The importance omega 3 DHA during pregnancy is to prevent cognitive and neurological defects.



To find out what food sources are high in these nutrients, check out this [link](#).