



## Suggested Vitamins & Supplements for Pregnancy

The following list are recommendations for a healthy pregnancy. Please use doses and timing instructions below even if different than the instructions on the bottle unless otherwise directed/stated below!

### Entire Pregnancy

\* **Prenatal Vitamins:** *As directed on the bottle (avoid gummy type vitamins if possible, Smarty Pants Complete Prenatal are “OK”)*

The first three months are very important that the baby get his/her nutrients! 400mcg (0.4mg) of folic acid is essential (the natural form FOLATE is preferred)! Folic acid can help reduce the risk of your baby having midline defects such as Spina Bifida (an “open” spine) and helps to develop his/her brain and nervous system. If any of your family members have ever had children with certain birth defects or if you have other risk factors (such as obesity) you likely need to take additional folic acid (4mg = 8 total) as advised by your care provider. If you or anyone in your family has an MTHFR mutation you should take folate instead of folic acid (this can be difficult to find but there are SOME prenats with folate NOT folic acid – some good brands are Thorne, Garden of Life & MamaBear). *If a daily dose is multiple pills, spread them throughout the day with meals. Tip: If nausea/vomiting makes your PNV intolerable, try taking at bedtime or replace it with folate/folic acid only until tolerable.*

\* **Vitamin D3 – 2,000 IU daily** *(as directed, in ADDITION to amounts in your prenatal or other vitamins)*

Most people in the US are deficient in this vitamin –usually helps with tiredness and for general good health. It may also reduce the risk of some pregnancy related complications such as high blood pressure, preterm birth and infection. If you can find a product with K2 in it also, that helps with absorption and would be the better choice than without but either is OK.

**Probiotic – Specific beneficial strains: Lactobacillus acidophilus, L. rhamnosus & L. reuteri AND a few different Bifidobacterium Strains (ex: breve, longum, infantis, lactis, etc.) (The more different strains the better) – As directed**

For good gut, bowel & vaginal health. (Recommended Brand/Versions = Garden of Life: Vaginal Care, OR Once Daily Women’s OR Prenatal. - RAW is better but shelf stable is OK) *Tip: Take split double doses anytime you are taking an antibiotic & for at least 2 weeks after!*

**\*DHA/EPA (Plant based) – As directed on bottle (or as below)**

These are two types of Omega 3 Fatty Acids. They are essential for your baby's brain and eye/vision development. Some studies have shown you may also reduce the risk of asthma for the baby.

**Magnesium/Calcium 1:2 (250/500mg daily is an average dose - *in ADDITION to amount in your prenatal or other vitamins*)**

Calcium and Magnesium during pregnancy may decrease pain related to leg cramps. Magnesium may also help to keep your stools loose to prevent straining with constipation which can cause/flare hemorrhoids. Do not take more than the recommended 1200mg/day of calcium. A diet rich in dairy products likely meets your needs for this important mineral.

- **Other pregnancy safe immune boosting supplements: as needed (take as directed on the bottle unless otherwise indicated):** Vitamin C (500 – 1,000mg total daily), Zinc, Echinacea, Garlic, Elderberry (*commercially prepared only for safety*).

**After 1<sup>st</sup> trimester (12-14 weeks)**

**Red Raspberry Leaf (RRL): 1-2 cups of tea daily or you can use capsules/tablets instead (1.5-5 grams daily)**

Can be taken throughout your pregnancy. It is thought that RRL tones your uterus for more coordinated contractions and possibly an easier or quicker birth although there is no scientific evidence to support this. Red raspberry does not make labor start. You can continue postpartum if you desire as it can also help the uterus shrink back down after birth (*most people will just finish the current supply they had remaining from pregnancy and then stop*)

(Check out the dietary and/or supplemental intake section in Real Food for Pregnancy by Lily Nichols)