



The Reference Point
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What Should be in My Prenatal Vitamin?

Many doctors and websites recommend taking a prenatal vitamin but they don't tell you how much to take or what vitamins it should contain. Well look no further! Here is a compilation of what your prenatal vitamin should contain and how it will help you throughout your pregnancy. If ever in doubt, please consult with Anankha or your Doctor to find your personal needs during pregnancy.

Vitamin/ Mineral:	Dose	Why You Need It:	Where You Find It:
B₁ (Thiamin)	1 – 3 mg	Raises energy level and regulates nervous system	Whole grain, fortified cereals, wheat germ, organ meats, eggs, rice, pasta, berries, nuts, legumes, pork
B₂ (Riboflavin)	1 – 2 mg	Maintains energy, good eyesight, healthy skin	Meats, poultry, fish, dairy products, fortified cereals, eggs
B₃ (Niacin)	18 mg	Promotes healthy skin, nerves and digestion	High-protein foods, fortified cereals and breads, meats, fish, milk, eggs, peanuts
B₆ (Pyridoxine)	1 – 6 mg	Helps form red blood cells; helps with morning sickness	Chicken, fish, liver, pork, eggs, soybeans, carrots, cabbage, cantaloupe, peas, spinach, wheat germ, sunflower seeds, bananas, beans, broccoli, brown rice, oats, bran, peanuts, walnuts
B₉ (Folic Acid/ Folate)	600 – 1000 mcg	Helps support the placenta, and prevents spina bifida and other neural tube defects. Medical authorities recommend a daily intake of 400 micrograms, starting at least one month before you begin trying to conceive, and at least 600 micrograms daily once you know you are pregnant.	Oranges, orange juice, strawberries, green leafy vegetables, spinach, beets, broccoli, cauliflower, fortified cereals, peas, pasta, beans, nuts
B₁₂ (Cobalamin)	2 – 6 mcg	Helps to maintain normal functioning of the brain and nervous system, and for the formation of blood.	Shellfish, liver, fish, crustaceans/crab, beef, lamb, dairy, eggs

½ tsp. Max B-ND daily would meet your Vitamin B needs. We also have Folic Acid, B₂, B₆ and B₁₂ as separate supplements as needed.

Vitamin/ Mineral:	Dose	Why You Need It:	Where You Find It:
Calcium	1,000 – 1,300 mg	Creates strong bones and teeth, helps prevent blood clots, helps muscles and nerves function	Yogurt, milk, cheddar cheese, calcium-fortified foods like soy milk, juices, breads, cereals, dark green leafy vegetables, canned fish with bones
<i>1 tsp. Coral Legend or 7 capsules Coral Legend Plus daily would meet your needs</i>			
DHA/Omega-3	300 – 900 mg	DHA (Docosahexaenoic acid) is an omega-3 fatty acid that is important in the development of your baby's brain, nerves, and eye tissue. A recommended daily intake for DHA has not been established, but many health professionals suggest 300 milligrams a day during pregnancy.	Cold water fatty fish, salmon, tuna, sardines, shellfish, herring, seaweed
<i>2 capsules Premier DHA daily would need your needs. For more essential fatty acids try Premier EFA's.</i>			
Iron	27 – 60 mg	Helps in the production of hemoglobin; prevents anemia, low birth weight, and premature delivery	Beef, pork, dried beans, spinach, dried fruits, wheat germ, oatmeal or grains fortified with iron
<i>ErythroPro is a great bioavailable Iron supplement as an addition to your normal diet</i>			
Protein	71 mg	Helps in the production of amino acids; repairs cells	Most animal foods, meat, poultry, eggs, dairy products, veggie burgers, beans, legumes, nuts
<i>Whey Preptin, Trim Body Blend, NOW Pea Protein, Medi-Aminos (bean or rice formula) and Nutritional Flakes are great protein supplements as an addition to your normal diet</i>			
Vitamin A & Beta Carotene	770 mcg or 4,000 – 5,000 IU	Helps bones and teeth grow. Consume no more than 15,000 international units (IU) a day while pregnant or just before becoming pregnant.	Liver, milk, eggs, carrots, spinach, green and yellow vegetables, broccoli, potatoes, pumpkin, yellow fruits, cantaloupe
Vitamin C	80 – 85 mg	An antioxidant that protects tissues from damage and helps body absorb iron; builds healthy immune system	Citrus fruits, bell peppers, green beans, strawberries, papaya, potatoes, broccoli, tomatoes
<i>2 capsules Premier Vitamin C daily would meet your needs</i>			

Vitamin/ Mineral:	Dose	Why You Need It:	Where You Find It:
Vitamin D	5 mcg or 200 – 400 IU	Helps body use calcium and phosphorus; promotes strong teeth and bones. Low levels of Vitamin D may be linked to autism.	Milk, fatty fish, sunshine
<i>1 drop D₃ Serum daily would meet your needs</i>			
Vitamin E	10 – 15 mg	Helps body form and use red blood cells and muscles	Vegetable oil, wheat germ, nuts, spinach, fortified cereals
<i>½ tsp. Vitamin E Complete daily would meet your needs</i>			
Zinc	10 – 20 mg	Helps produce insulin and enzymes	Red meats, poultry, beans, nuts, whole grains, fortified cereals, oysters, dairy products
<i>1 tsp. Liquid Zinc Assay daily would meet your needs</i>			

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Other Tips & Tricks:

- ☞ **Make certain it dissolves.** Some prenatal vitamins don't dissolve in your stomach quickly enough, which means your body loses out on nutrients. Look for the United States Pharmacopeia (USP) seal of approval on your vitamin, which means it meets dissolution standards. Or do this at-home test: Put your vitamin in a half cup of vinegar and stir gently every five minutes or so. Within 30 minutes (up to 45 if your pill has a gelatin or hard coat on it), it should be either dissolved or at least separated into tiny particles.
- ☞ **Don't overload on supplements.** Some supplements may be toxic in high doses during pregnancy – especially those that are fat soluble (A, D, E & K). Check in with your practitioner if you're taking herbal supplements, as some herbs can be harmful when you're trying to conceive.

Compiled using information from the following sources:

1. American Pregnancy Association. "Nutrients and Vitamins for Pregnancy." <http://americanpregnancy.org/pregnancyhealth/nutrientvitaminspregnancy.html>.
2. Dattel, Bonnie J., ed. *Your Pregnancy and Childbirth: Month to Month*. Washington D.C.: The American College of Obstetricians and Gynecologists, 2010.
3. The Bump. "Prenatal Vitamin Checklist." <http://pregnant.thebump.com/pregnancy/pregnancytools/articles/checklist-prenatal-vitamin.aspx?MsdVisit=1>.
4. What To Expect. "Choosing the Best Prenatal Vitamin." <http://www.whattoexpect.com/preconception/health-and-wellness/foods-to-enjoy/prenatal-vitamins.aspx#>.
5. Hand, Becky. "Choosing a Prenatal Vitamin Supplement." BabyFit.com. <http://babyfit.sparkpeople.com/articles.asp?id=709>.
6. Pagano, Trina. "Pregnancy and Prenatal Vitamins." WebMD. <http://www.webmd.com/baby/guide/prenatal-vitamins>.