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# THE "UNDESIGNED" PRENATAL VITAMIN

*What to look for & simple rules to follow!*





## **RULES TO FOLLOW**

- A HIGHER COST *DOES NOT MEAN* BETTER QUALITY OR BETTER FOR YOU!
- AVOID THE DESIGNER PNV PROMOTED BY INFLUENCERS, SUBSCRIPTION COMPANIES, AND NATUROPATHS.
- “NATURAL” DOESN’T MEAN GOOD FOR YOU. THE SUPPLEMENT INDUSTRY MAKES BILLIONS OF DOLLARS FROM SUPPLEMENTS THAT HAVE LITTLE RESEARCH OR DATA. COMPANIES TOUTING THAT THEIR PNV CONTAINS "NATURAL INGREDIENTS" ARE USING THAT AS A MARKETING PLOY TO CHARGE A PREMIUM FOR THEIR DESIGNER PNV. BEWARE OF THE SOCIAL MEDIA INFLUENCER ASSISTING THESE COMPANIES!
- TAKE ONLY ONE SERVING OF YOUR PNV EACH DAY. IF YOU NEED AN EXTRA AMOUNT OF A VITAMIN OR MINERAL, TAKE IT AS A SEPARATE SUPPLEMENT.





## **RULES TO FOLLOW**

- ALWAYS LOOK THE NUTRITION LABEL TO SEE WHAT THE RECOMMENDED SERVING SIZE IS. SOME PNV MAY REQUIRE 2 PILLS TO GET THE PROPER AMOUNTS OF VITAMINS AND MINERALS.
- A HEALTHY BALANCED DIET IS THE BEST WAY TO GET ALL THE VITAMINS AND MINERALS YOU NEED IN PREGNANCY. HOWEVER, A PNV SUPPLEMENTS WITH THE KEY VITAMINS AND MINERALS IN THE EVENT THAT YOU DON'T GET WHAT YOU NEED DAILY IN YOUR DIET ALONE. THE PURPOSE OF A PNV IS NOT TO COVER ALL THE EXTRA VITAMIN AND MINERAL NEEDS IN PREGNANCY. THAT IS WHY PNV WILL ONLY HAVE A PORTION OF ANY SPECIFIC VITAMIN AND MINERAL THAT IS NEEDED.
- CHECK FOR THE "USP VERIFIED" MARK.
- BE SURE TO TELL YOUR OBSTERICAL CARE PROVIDER ABOUT ANY SUPPLEMENTS YOU ARE TAKING.





# IRON, IODINE & CHOLINE

- **RECOMMENDED DAILY AMOUNT FOR PREGNANCY:**
  - IRON - 27 MILLIGRAMS (MG)
  - IODINE - 220 MICROGRAMS (MCG)
  - CHOLINE - 450 MG
- **BEST FOOD SOURCES:**
  - IRON - BEANS, LENTILS, ENRICHED BREAKFAST CEREALS, BEEF, TURKEY, LIVER, SHRIMP.
    - YOU SHOULD ALSO EAT FOODS THAT HELP YOUR BODY ABSORB IRON, INCLUDING ORANGES, GRAPEFRUIT, STRAWBERRIES, BROCCOLI, & PEPPERS.
  - IODINE - IODIZED TABLE SALT, DAIRY PRODUCTS, SEAFOOD, MEAT, SOME BREADS, EGGS
  - CHOLINE - CHICKEN, BEEF, EGGS, MILK, SOY PRODUCTS, PEANUTS
    - PLANT SOURCES, SUCH AS NAVY BEANS, BRUSSELS SPROUTS, BROCCOLI, & SPINACH CONTAIN LOWER AMOUNTS OF CHOLINE.
    - VEGETARIANS & VEGANS SHOULD SEEK OUT SUPPLEMENTAL SOURCES OF CHOLINE.
- **TYPICAL AMOUNT IN A PNV:**
  - IRON - 30-60 MG OF ELEMENTAL IRON
    - ADEQUATE FOR NON-ANEMIC PERSONS
  - IODINE - MANY PNV CONTAIN NO IODINE SINCE REQUIREMENTS ARE OFTEN MET WITH DIETARY SOURCES, SUCH AS IODIZED SALT.
  - CHOLINE - NOT FOUND IN MOST PNV SO GET IT FROM YOUR DIET OR TAKE AN EXTRA SUPPLEMENT.
    - 200-300 MG OF CHOLINE IN A DAILY SUPPLEMENT IS RECOMMENDED IN PREGNANCY.
    - THE FORMS OF CHOLINE IN DIETARY SUPPLEMENTS INCLUDE CHOLINE BITARTRATE, PHOSPHATIDYLCHOLINE, & LECITHIN.



# **OMEGA-3 FATTY ACIDS (DHA)**

- **RECOMMENDED DAILY AMOUNT FOR PREGNANCY:**
- **BEST FOOD SOURCES: FLAXSEED (GROUND OR AS OIL) & FISH**
  - OTHER SOURCES INCLUDE BROCCOLI, CANTALOUPE, KIDNEY BEANS, SPINACH, CAULIFLOWER, AND WALNUTS.
- **TYPICAL AMOUNT IN A PNV: DHA IS NOT FOUND IN MOST PNV SO GET IT FROM YOUR DIET OR TAKE AN EXTRA SUPPLEMENT.**
- **CAN ADD A SUPPLEMENT OF 200-300 MG A DAY.**
  - THERE ARE VEGAN FORMS OF DHA.
- **EAT AT LEAST 2-3 SERVINGS OF A VARIETY OF FISH OR SHELLFISH PER WEEK BEFORE GETTING PREGNANT & WHILE PREGNANT.**
  - A SERVING OF FISH IS 4 OUNCES (OZ).
- **SOME TYPES OF FISH HAVE HIGHER LEVELS OF MERCURY THAN OTHERS.**
  - DO NOT EAT BIGEYE TUNA, KING MACKEREL, MARLIN, ORANGE ROUGHY, SHARK, SWORDFISH, OR TILEFISH.
  - LIMIT WHITE (ALBACORE) TUNA TO 6 OZ A WEEK.
  - CHECK FOR ADVISORIES FOR FISH CAUGHT WHERE NO ADVISORIES EXIST.
    - LIMIT EATING THOSE FISH TO ONE SERVING A WEEK & DO NOT EAT OTHER FISH THAT WEEK.



## Advice About Eating Fish

### What Pregnant Women & Parents Should Know

Fish and other protein-rich foods have nutrients that can help your child's growth and development.

For women of childbearing age (about 15-49 years old), especially pregnant and breastfeeding women, and for parents and caregivers of young children:

- Eat 2 to 3 servings of fish a week from the "Best Choices" list OR 1 serving from the "Good Choices" list.
- Eat a variety of fish.
- Serve 1 to 2 servings of fish a week to children, starting at age 2.
- If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.\*

### Use this chart!

You can use this chart to help you choose which fish to eat, and how often to eat them based on their mercury levels. The "Best Choices" have the lowest levels of mercury.

### What is a serving?

To find out, use the palm of your hand!



For an adult 4 ounces

For children age 4-12 2 ounces

Best Choices EAT 2 TO 3 SERVINGS A WEEK			OR Good Choices EAT 1 SERVING A WEEK		
Anchovy	Herring	Scallop	Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Atlantic croaker	Lobster	Shad	Buffalo fish	Rockfish	
Atlantic mackerel	American and spiny mulllet	Silverside	Carp	Sablefish	Tuna, albacore/white tuna, canned and fresh/rozen
Black sea bass	Mullet	Skate	Chilean sea bass/ Patagonian toothfish	Sheepshead	Tuna, yellowfin
Butterfish	Oyster	Smallmouth bass	Clupea	Snapper	Weakfish/breast
Catfish	Pacific oyster	Sole	Crab	Spanish mackerel	White croaker/ Pacific croaker
Cod	Pink, freshwater and ocean oyster	Squid	Halibut	Striped bass (ocean)	
Cook	Pickled	Tilapia	Mahi mahi/ mahi mahi		
Cowfish	Plaice	Trout, freshwater			
Flounder	Fluke	Tuna, canned light (includes skipjack)			
Haddock	Pollock	Whitefish			
Hale	Salmon	Wilding			
	Sardine				

  

Choices to Avoid HIGHEST MERCURY LEVELS		
King mackerel	Shark	Tilefish (Gulf of Mexico)
Marlin	Swordfish	Tuna, bigeye
Orange roughy		

\*Thanks for reading! To learn more about fish, visit [www.fda.gov/ohrt](http://www.fda.gov/ohrt) and [www.epa.gov/fish](http://www.epa.gov/fish). EPA and FDA are working together to help you make the best choices for your family. © 2015 EPA and FDA.

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# CALCIUM & VITAMIN D



- **RECOMMENDED DAILY AMOUNT FOR PREGNANCY:**
  - CALCIUM - 1000-1300 MILLIGRAMS (MG)
  - VIT D - 600 INTERNATIONAL UNITS (IU)
- **BEST FOOD SOURCES:**
  - CALCIUM - MILK & OTHER DAIRY PRODUCTS, SUCH AS CHEESE AND YOGURT, ARE THE BEST SOURCES OF CALCIUM.
    - YOU CAN ALSO GET CALCIUM FROM BROCCOLI, FORTIFIED FOODS (CEREALS, BREADS, & JUICES), ALMONDS & SESAME SEEDS, SARDINES OR ANCHOVIES WITH THE BONES, & DARK GREEN LEAFY VEGETABLES.
  - VIT D - SUNLIGHT, FORTIFIED MILK & BREAKFAST CEREAL, FATTY FISH SUCH AS SALMON, SARDINES & MACKEREL, FISH LIVER OILS, EGG YOLKS
- **TYPICAL AMOUNT IN A PNV:**
  - CALCIUM - 200-300 MG
  - VIT D - 400 IU
    - MANY COMMERCIAL NONPRESCRIPTION PRODUCTS LABELED "VITAMIN D" (MULTIVITAMIN SUPPLEMENTS, FORTIFIED MILK, BREAD) CONTAIN D2.
    - D3 IS MORE READILY CONVERTED TO ACTIVE FORMS OF VIT D & IS MORE EFFECTIVE AT INCREASING SERUM 25-HYDROXYVITAMIN D.
- **MANY PEOPLE DO NOT GET ENOUGH VIT D.**
  - A TEST CAN BE DONE TO CHECK THE LEVEL IN YOUR BLOOD IF YOU ARE AT RISK FOR LOW LEVELS.
  - IF BELOW NORMAL, YOU MAY NEED EXTRA VIT D SUPPLEMENTATION.
  - 1000-2000 IU PER DAY OF VIT D IS SAFE IF VIT D DEFICIENCY IS DIAGNOSED.



# FOLIC ACID (VITAMIN B9)

- **RECOMMENDED DAILY AMOUNT FOR PREGNANCY:** 600 MICROGRAMS (MCG)
- **BEST FOOD SOURCES:** FORTIFIED CEREAL, ENRICHED BREAD AND PASTA, PEANUTS, DARK GREEN LEAFY VEGETABLES, ORANGE JUICE, BEANS
- **TYPICAL AMOUNT IN A PNV:** 400-800 MCG
- TAKE A DAILY PNV WITH AT LEAST 400 MCG STARTING AT LEAST 1 MONTH BEFORE PREGNANCY & DURING THE FIRST 12 WEEKS OF PREGNANCY.
  - THE NUTRITION FACTS OR SUPPLEMENT FACTS LABEL SHOULD EXPLICITLY SAY "FOLIC ACID" WITH THE AMOUNT IN MCG LISTED.
- THE TERMS "FOLATE" AND "FOLIC ACID" ARE OFTEN USED INTERCHANGEABLY, EVEN THOUGH THEY ARE DIFFERENT.
  - FOLATE IS A GENERAL TERM TO DESCRIBE MANY DIFFERENT TYPES OF VIT B9.
  - TYPES OF FOLATE INCLUDE:
    - FOLIC ACID -SYNTHETIC
    - DIHYDROFOLATE (DHF)
    - TETRAHYDROFOLATE (THF)
    - 5-METHYLTETRAHYDROFOLATE (5-METHYL-THF OR 5-MTHF OR METHYLFOLATE)
  - THE OTHER TYPES OF FOLATE ARE DIFFERENT FROM THE FOLATE FOUND IN FRUITS AND VEGETABLES, EVEN IF THE NUTRITION LABEL SAYS "NATURAL FOOD FOLATE."
    - THESE TYPES OF FOLATE ARE ALSO MAN-MADE.
- FOLIC ACID HAS BEEN SHOWN TO BE EFFECTIVE IN PREVENTING NEURAL TUBE DEFECTS IN RANDOMIZED CONTROL TRIALS & FOOD FORTIFICATION PROGRAMS.
  - THE EFFECTIVENESS OF OTHER FORMS OF FOLATE IN PREVENTING NEURAL TUBE DEFECTS HAS NOT BEEN STUDIED.
- PERSONS WITH MTHFR GENE VARIANTS CAN TAKE FOLIC ACID.



Nutrition Facts	
About 13 servings per container	
Serving size 6 crackers (30g)	
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 120mg	2%
Folate 200mcg DFE (120mcg folic acid)	<b>50%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## **B VITAMINS & VITAMINS A & C**

- **RECOMMENDED DAILY AMOUNT FOR PREGNANCY:**
  - VIT B6 - 1.9 MILLIGRAMS (MG)
  - VIT B12 - 2.6 MICROGRAMS (MCG)
  - VIT A - 770 MCG RETINOL EQUIVALENTS
  - VIT C - 85 MG
  
- **BEST FOOD SOURCES:**
  - VIT B6 - BEEF, LIVER, PORK, HAM, WHOLE-GRAIN CEREALS, BANANAS
  - VIT B12 - MEAT, FISH, POULTRY, MILK
    - VEGETARIANS SHOULD TAKE AN EXTRA B12 SUPPLEMENT.
  - VIT A - CARROTS, GREEN LEAFY VEGETABLES, SWEET POTATOES
  - VIT C - CITRUS FRUITS AND JUICES, STRAWBERRIES, BROCCOLI, TOMATOES
  
- **TYPICAL AMOUNT IN A PNV:**
  - VIT B6 - ANY AMOUNT IS FINE SINCE THE MOST PREGNANT PERSONS CONSUME AN ADEQUATE AMOUNT OF B6 THROUGH A COMBINATION OF FOODS PLUS SUPPLEMENTS.
  - VIT B12 - 6 MCG
  - VIT A - 300-770 MCG
  - VIT C - ANY AMOUNT IS OK.
  
- VIT B1 , B2 & B9 ARE ALSO IN A TYPICAL PNV.







## MY RECOMMENDATIONS FOR PNV

- **NATURE MADE PRENATAL MULTI + DHA, 200MG**
  - **ADD CHOLINE**
- **ONE A DAY PRENATAL ADVANCED COMPLETE MULTIVITAMIN WITH BRAIN SUPPORT WITH CHOLINE, FOLIC ACID, OMEGA-3 DHA & IRON**
- **GUMMIES**
  - **GUMMY PNV TYPICALLY DON'T HAVE IRON. BECAUSE OF THEIR DESIGN, THEY CANNOT CARRY ENOUGH OF THE INGREDIENTS NECESSARY FOR SUPPLEMENTATION. THEY SHOULD BE TAKEN AS A LAST RESORT.**
  - **NATURE MADE PRENATAL GUMMIES WITH DHA & FOLIC ACID**
    - **ADD IRON**
  - **VITAFUSION**
    - **ADD CHOLINE & IRON**
  - **ONE A DAY PRENATAL MULTIVITAMIN GUMMIES**
    - **ADD CHOLINE & IRON**
- **VEGETARIAN**
  - **RAINBOW LIGHT PRENATAL ONE DAILY MULTIVITAMIN, NON-GMO, VEGETARIAN & GLUTEN FREE**
    - **ADD DHA**
- **VEGAN**
  - **DEVA VEGAN PRENATAL**
    - **ADD DHA**



✓ Higher cost does not mean better quality or better for you!

✓ Avoid the designer PNV promoted by influencers, subscription companies and holistic/naturopathic providers.

✓ "Natural" doesn't mean good for you. The supplement industry makes billions of dollars from supplements that have little research or data. Companies touting that their PNV contains "natural ingredients" are using that as a marketing ploy to charge a premium for their designer PNV. BEWARE OF THE SOCIAL MEDIA INFLUENCER ASSISTING THESE COMPANIES!

✓ Take only one serving of your PNV each day. If you need an extra amount of a vitamin or mineral, take it as a separate supplement.

✓ Always look at the nutrition label to see what the recommended serving size is.

✓ A healthy balanced diet is the best way to get all the vitamins and minerals you need in pregnancy. However, a PNV supplements with the key vitamins and minerals in the event that you don't get what you need daily in your diet alone. The purpose of a PNV is NOT to cover ALL the extra vitamin and mineral needs in pregnancy. That is why PNV will ONLY have a portion of any specific vitamin and mineral that is needed.

✓ Check for the "USP Verified" mark.

✓ BE SURE TO TELL YOUR OBSTETRICAL CARE PROVIDER ABOUT ANY SUPPLEMENTS YOU ARE TAKING.

✓ My recommendations:

☐ Nature Made Prenatal Multi + Dha, 200mg

•ADD CHOLINE

☐ One A Day Prenatal Advanced Complete Multivitamin with Brain Support with Choline, Folic Acid, Omega-3 DHA & Iron

☐ Gummies

•Gummy PNV typically don't have iron. Because of their design, they cannot carry enough of the ingredients necessary for supplementation. They should be taken as a last resort.

•Nature Made Prenatal Gummies with DHA & Folic Acid

add iron

•Vitafusion-add choline & iron

•One A Day Prenatal Multivitamin Gummies-add choline & iron

☐ Vegetarian

•Rainbow Light Prenatal One Daily Multivitamin, Non-GMO, Vegetarian & Gluten Free-add DHA

☐ Vegan

•Deva vegan prenatal-add DHA