

PRENATAL SUPPLEMENTS



South Health
Maternity & Wellness

Compared with regular multivitamins, prenatal supplements contain higher levels of key nutrients, such as folic acid and iron, needed during pregnancy. Prenatal supplements are not meant to meet all of your daily nutrient needs; rather, they are meant to complement nutrients from food to ensure you are nutritionally complete. If your prenatal supplement makes you feel nauseated, try taking it before bed.



OMEGA - 3

Is not usually in prenatal supplements. If your prenatal vitamin does not contain omega-3, and you eat fish less than twice a week, consider a supplement. It promotes baby's brain development during pregnancy.

CALCIUM

Calcium supplement is recommended in addition to your prenatal vitamin if you have less than two servings of milk/milk alternative products per day (one serving= 1 cup of milk).

VITAMIN D

Most Albertans are deficient of vitamin D. Most vitamin D needs are met with a daily vitamin D supplement. Most multivitamins contain some vitamin D, but we recommend taking at least 1000IU of vitamin D daily.