Supporting Mothers and Babies PRENATAL SUPPLEMENTS

Critical Nutrients. Clinical Confidence. Healthier Outcomes.

Essential vitamins and minerals play crucial roles in supporting the health of both mom and baby, yet over 90% of women do not meet their nutrient needs during pregnancy from diet alone.¹

Prenatal Supplements Help Fill Nutritional Gaps

A prenatal and postnatal multivitamin/mineral supplement provides essential daily nutritional support for mother and baby during pregnancy and lactation, when nutrient requirements are higher.

LESSER KNOWN INGREDIENTS CRITICAL IN PREGNANCY









Choline

DHA Omega-3

Lutein & Zeaxanthin

Nicotinamide Riboside (Vitamin B3)

DHA (docosahexaenoic acid) Omega-3

is well known to support fetal brain and eye development. New guidelines recommend high-dose supplementation to reduce the risk of preterm birth. They also support heart health and inflammation.⁶⁻⁹

in infants.²⁻⁴ However, less than 5% of pregnant women meet the recommended intake.⁵

associated with improved cognitive function

Lutein and Zeaxanthin are crucial

Choline is an essential nutrient that

supports fetal brain and spinal cord

development, and supplementation is

structural components in both the eye and brain. They are important for optimal visual function and are associated with better cognitive outcomes in women and their children.¹⁰⁻¹¹ Yet, women typically consume only 10% of the recommended amount.¹²

Nicotinamide Riboside (form of Niacin),

and its various forms is a precursor to nicotinamide adenine dinucleotide (NAD+), an essential molecule found in every cell. Adequate NAD+ levels are important for positive pregnancy outcomes.¹³⁻¹⁴





For more information, please visit our website.

Recommended Dietary Allowances (RDA) or Adequate Intakes (AI) of Select Nutrients During Pregnancy & Lactation*¹⁵

Nutrient	Pregnancy		Lactation	
	14-18 years	19-50 years	14-18 years	19-50 years
Biotin	30 µg	30 µg	35 µg	35 µg
Calcium	1,300 mg	1,000 mg	1,300 mg	1,000 mg
Choline	450 mg	450 mg	550 mg	550 mg
Folate (Vitamin B9)	600 µg DFE	600 µg DFE	500 µg DFE	500 µg DFE
lodine	220 µg	220 µg	290 µg	290 µg
Iron	27 mg	27 mg	10 mg	9 mg
Magnesium	400 mg	350 mg (ages 19-30) 360 mg (ages 31-50)	360 mg	310 mg (ages 19-30) 320 mg (ages 31-50)
Niacin (Vitamin B3)	18 mg	18 mg	17 mg	17 mg
Omega-3: ALA only	1.4 g	1.4 g	1.3 g	1.3 g
Potassium	2,600 mg	2,900 mg	2,500 mg	2,800 mg
Riboflavin (Vitamin B2)	1.4 mg	1.4 mg	1.6 mg	1.6 mg
Thiamin (Vitamin B1)	1.4 mg	1.4 mg	1.4 mg	1.4 mg
Vitamin A	750 µg RAE	770 µg RAE	1200 µg RAE	1300 µg RAE
Vitamin B6 (Pyridoxine)	1.9 mg	1.9 mg	2 mg	2 mg
Vitamin B12	2.6 µg	2.6 µg	2.8 µg	2.8 µg
Vitamin C	80 mg	85 mg	115 mg	120 mg
Vitamin D	15 μg (600 IU)	15 μg (600 IU)	15 µg (600 IU)	15 μg (600 IU)
Vitamin E	15 mg	15 mg	19 mg	19 mg
Vitamin K	75 µg	90 µg	75 µg	90 µg
Zinc	12 mg	11 mg	13 mg	12 mg

Other Recommended Nutrients, Based on Expert Scientific Evidence

Nutrient	Recommended Amount	
Omega-3: DHA and EPA	All women of childbearing age: 250 mg DHA+EPA.** Pregnancy: 350 – 450 mg DHA+EPA or DHA alone.** High-risk pregnancy: 600 – 1000 mg DHA+EPA or DHA alone.**	
Lutein	10 mg***	
Zeaxanthin	2 mg***	
Nicotinamide Riboside (unique form of vitamin B3)	Up to 230 mg****	

*Dietary Reference Intake values published by the NIH and National Academy of Sciences. Nutrient Recommendations and Databases.

Recommendations based on expert scientific evidence. Cetin et al., Omega-3 fatty acid supply in pregnancy for risk reduction of preterm and early preterm birth, AJOG MFM, February 2024. *Recommendations based on expert scientific evidence: Beluska-Turkan K, et al. (2019), Addo EK, et al. (2023) and Addo EK, et al. (2024)

****Recommendations based on expert scientific evidence. https://efsa.onlinelibrary.wiley.com/doi/epdf/10.2903/j.efsa.2019.5775

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