



The Benefits of a Prenatal Multivitamin with DHA and Choline



Iron:

Iron deficiency affects one in six pregnant women.¹



Vitamin D:

97% of women of child-bearing age are not consuming enough vitamin D in their diets.²



Choline:

94% of US women ages 31-50 are not consuming enough choline in their diets.³



Omega-3s:

71% of US women of child-bearing age have omega-3 blood levels below US Dietary Guidelines recommendations.⁴

DHA

Docosahexaenoic acid (DHA) is a polyunsaturated omega-3 fatty acid mainly found in fatty fish, like salmon, halibut, and sardines. Research shows that DHA helps support the healthy growth and development of baby's brain, eyes, and nervous system.^{5-6†}

Leading health organizations recommend that pregnant women consume at least 200 mg DHA daily.

Choline

Necessary for a healthy placenta and to support baby's organ growth. The latest Dietary Guidelines for Americans notes the importance of choline during pregnancy for proper brain and spinal cord development.⁷

Adequate intake during pregnancy: 450 mg/day⁸

Iodine

Important for normal thyroid function and brain development in your baby.^{9†} Consuming processed foods and using non-iodized salt (like sea salt) has led to a decrease in dietary iodine intake and status in American women of childbearing age.¹⁰ The American Academy of Pediatrics recommends a prenatal supplement with 150 mcg iodide daily, along with using iodized table salt during pregnancy.

RDA for iodine during pregnancy: 220 mcg/day⁹

Calcium

Essential mineral needed for baby's skeletal development, helping the baby build healthy, strong bones.^{11†} Insufficient daily intake can cause calcium to be sacrificed from the mother's bones to support rapid bone growth in the developing baby.¹¹

Calcium requirements during pregnancy (women 19 years and up): 1,000 mg/day¹¹

Calcium requirements during pregnancy (adolescent women 14-18 years): 1,300 mg/day¹¹

Folic acid

Adequate folic acid in healthful diets is important for the developing baby and may reduce a woman's risk of having a child with a brain or spinal cord defect. Because the neural tube is formed by day 30 of gestation (before many women know they are pregnant), folic acid supplementation should start before conception and throughout pregnancy.³

RDA during pregnancy is 600 mcg DFE/day⁸

Vitamin D

Essential for baby's skeletal development and improves calcium absorption and independently provides bone mineral support functions.^{9,13†}

Vitamin D requirements during pregnancy: 15 mcg (600 IU)/day for bone health, 37.5-50 mcg (1,500-2,000 IU)/day to raise blood vitamin D levels into the healthy range⁹

Magnesium

Supports energy metabolism and nerve, muscle and bone health in mother and baby.

RDA for magnesium during pregnancy (14-18 years old): 400 mg/day; (19-30 years old): 350 mg/day; (31-50 years): 360 mg/day¹⁴

Iron

Red blood cells use iron to help carry oxygen to organs, tissues, and baby.[†] During pregnancy, women's iron needs go up to support increased blood volume and red blood cell formation, as well as the healthy growth of their baby.⁹ Low maternal iron status has been associated with increased risk of low birth weight, preterm delivery and other adverse outcomes.¹²

RDA for iron during pregnancy is 27 mg/day⁸

References

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