

The Benefits of a Prenatal Multivitamin with DHA

Nutrient requirements increase during pregnancy and a daily prenatal multivitamin can help supplement diet and fill nutrient gaps.[†]

IRON



Iron-deficiency anemia affects one in six pregnant women¹

FOLIC ACID



Only 24% of U.S. women of childbearing age (15-44 years) consume the recommended intake of folic acid²

MAGNESIUM



Over half (59%) of adults are not meeting their magnesium requirements³

OMEGA 3S



Americans consume only 17% of the recommended amount for omega-3s EPA and DHA⁴

Key Nutrients and Recommended Intakes



- DHA**
 DHA helps support the healthy growth and development of baby's brain and eyes.^{5-6†}
Recommendations during pregnancy: at least 200 mg/day
- IODINE**
 Important for normal thyroid function in mom and brain development in baby.^{7†} Consuming processed foods and using non-iodized salt has led to a decrease in dietary intake in women of childbearing age.⁸
RDA during pregnancy: 220 mcg/day⁴
- CALCIUM**
 Insufficient intake can cause calcium to be sacrificed from the mother's bones to support rapid healthy and strong bone growth in the developing baby.⁶
RDA during pregnancy (19 years and up): 1,000 mg/day⁹
RDA during pregnancy (14-18 years): 1,300 mg/day⁹
- IRON**
 During pregnancy, women's iron needs go up to support increased blood volume and red blood cell formation, and healthy growth of baby.^{7†} Low levels have been associated with increased risk of low birth weight, preterm delivery and other adverse outcomes.¹⁰
RDA during pregnancy is 27 mg/day⁴
- FOLIC ACID**
 Adequate folic acid in healthful diets may reduce a woman's risk of having a child with a neural tube defect. Supplementation should begin before conception as neural tube is formed by day 28 of gestation.¹¹⁻¹²
RDA for pregnancy: 600 mcg DFE/day¹³
- VITAMIN D**
 Essential for baby's skeletal development and improves calcium absorption and independently provides bone mineral support functions.^{9-14†}
RDA during pregnancy: 15 mcg (600 IU)/day for bone health, 37.5-50 mcg (1,500-2,000 IU)/day to maintain blood vitamin D levels in the healthy range⁹
- MAGNESIUM**
 Supports energy metabolism and nerve, muscle and bone health in mother and baby.[†]
RDA during pregnancy (14-18 years old): 400 mg/day;
(19-30 years old): 350 mg/day; (31-50 years): 360 mg/day

References:

- <https://www.womenshealth.gov/files/documents/fact-sheet-iron-deficiency-anemia.pdf>
- Tinker SC, Cogswell ME, Devine O, Berry RJ. Folic acid intake among US women aged 15-44 years. National Health and Nutrition Examination Survey, 2003-2006. Am J Prev Med. 2010;38(5):534-542
- Fulgioni VL, Keast DR, Bailey RL et al. Food, Fortificants and Supplements: Where Do Americans Get Their Nutrients. J. Nutr 2011;141: 1847-1854.
- Papanikolaou Y, Brooks J, Reider C, Fulgioni VL. U.S. adults are not meeting recommended levels for fish and omega-3 fatty acid intake: results of an analysis using observational data from NHANES 2003-2008. Nutr J. 2014;13(31):1-6.
- Cetin I, Koletzko B. Long-chain omega-3 fatty acid supply in pregnancy and lactation. Curr Opin Clin Nutr Metab Care. 2008;11:297-302.
- Koletzko B, Lien E, Agostoni C, et al. The roles of long-chain polyunsaturated fatty acids in pregnancy, lactation and infancy: review of current knowledge and consensus recommendations. J Perinat Med. 2008;36(1):5-14.
- Institute of Medicine. Food and Nutrition Board. Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium and Zinc. National Academy Press. Washington, D.C. 2001.
- Perrine CG, Herrick K, Serdula MK, et al. Some subgroups of reproductive age women in the United States may be at risk for iodine deficiency. J Nutr. 2010;140(8):1489-1494.
- Institute of Medicine. Food and Nutrition Board. Dietary Reference Intakes for Calcium and Vitamin D. National Academy Press. Washington, D.C., 2010.
- Scholl TO. Iron status during pregnancy: setting the stage for mother and infant. Am J Clin Nutr. 2005;81:1218-1222.
- Scholl TO, Jonson WG. Folic acid: influence on the outcome of pregnancy. Am J Clin Nutr. 2000;71(5 Suppl):1295S-1303S.
- Bailey LB & Caudill LA. Folate. In Erdman JW, Macdonald IA, Zeisel DH, eds. Present Knowledge in Nutrition, 10th edition. International Life Sciences Institute. Iowa: Wiley & Sons, 2014;pp:321-42.
- Institute of Medicine. Food and Nutrition Board. Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic acid, Biotin and Choline. National Academy Press. Washington, D.C. 1997.
- Wagner CL, Taylor SN, Dawodu A, et al. Vitamin D and its role during pregnancy in attaining optimal health of mother and fetus. Nutrients. 2012;4:208-230.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.