



Prenatal & Postpartum Support

# EVIDENCE-BASED PREGNANCY SUPPLEMENTS

*What you should know*

## **Folic Acid / Folate (400 - 800 mcg daily)**

- Supports neural tube development
- Best taken before conception and first trimester

## **Iodine (150 mcg daily)**

- Supports fetal/infant thyroid hormone production, brain and neurologic development

## **Omega-3 DHA (250 - 450 mg daily)**

- Can reduce preterm and early preterm birth, particularly in women with low baseline omega-3

## **Vitamin D (1000 - 2000 IU/Day)**

- Showed potential benefit for gestational diabetes risk and a small increase in birth weight
- More important with lack of natural sunlight

## **Calcium (1.5 - 2g daily)**

- Can reduce hypertensive disorders of pregnancy (including preeclampsia), especially in populations with low dietary calcium intake

## **REMEMBER:**

- Always consult with your healthcare provider
- Quality and dosage matter
- Evidence-based choices are safest
- Individual needs may vary