



PRENATAL NUTRITION

Session Five

Demystifying Prenatal Supplements

Classes featured: Prenatal Nutrition - Supplements

RESOURCES

- Supplement Purchasing Tips
- How to: Read a Supplement Label
- Nutrients to Look for in a Prenatal Supplement





SUPPLEMENT PURCHASING TIPS

WHAT & WHERE TO BUY

The best places to purchase:

- supplement brand's website
- your healthcare provider (in-person or online dispensary)
- a reputable health store

Be Cautious

Check product website to see where it is sold to avoid scams. Many reputable brands do not allow products to be sold online, third-party resellers because of variations in quality control standards.

SUPPLEMENT TYPE & FORMS

Vitamins & minerals come in many forms. Some are easier for your body to absorb & use than others.

Check the product label (located on the supplement container) to make sure it contains the correct nutrient form. The nutrient form is listed in parentheses after the nutrient name, or on the ingredients list at the bottom.

Example

Vitamin B12 can be listed as:

- vitamin B12 (as cyanocobalamin)
- vitamin B12 (as methylcobalamin)
- vitamin B12 (as hydroxycobalamin)

Options

Choose tablets or capsules when possible Gummies + liquids can have added water + sugar

CHECK QUALITY STANDARDS

- Check certification labels for third-party testing
- Certification labels should be on product package and/or listed on product website
- Third-party testing validates that the ingredients & amounts match up with product labels
- Product website should tell you if they test every batch, versus skip-testing, which means they only test every so often. Testing every batch for impurities and quality is ideal



Examples of certification labels:
USP, CGMP, NSF

Supplement Tips

HOW TO: READ A SUPPLEMENT LABEL

Supplement Facts		
Serving Size 1 Tablet		
	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 50% as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamin mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	2.0 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	6 mcg	100%
Biotin	30 mcg	10%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%

Other ingredients: Gelatin, lactose, magnesium stearate, microcrystalline cellulose, FD&C Yellow No. 6, propylene glycol, propylparaben, and sodium benzoate.

Supplement Facts: title indicates product is marketed for sale in the U.S. and is an FDA standard.

Serving Size: tells how many tablets or capsules you need to take in order to get the nutrient amounts listed on the label

Amount Per Serving: quantity of the nutrient in the listed serving size

Ingredient list: all compounds, such as fillers, binders, excipients, that are used to manufacture the product are listed in order by amount

NUTRIENTS TO LOOK FOR IN A PRENATAL SUPPLEMENT

Nutrient	Minimum Amount Recommended
vitamin D (cholecalciferol)	800-1000 IUs
vitamin A (retinol)	1200mcg
vitamin C	85mg
folate (Folic acid or 5-MTHF)	400mcg
vitamin B12 (hydroxocobalamin or methyl cobalamin)	25mcg (50mcg if vegetarian)
choline	350mg (tri 1&2) 600mg (tri 3)
DHA	600mg
Iron (ferrous sulfate)	18-20mg

WORRIED ABOUT AN UPSET STOMACH?

Take the supplement with a snack or meal to avoid stomach irritation, unless noted otherwise. The presence of carbs & protein stimulate digestive enzymes that allow for better absorption of the supplements