



Helping you to give your baby a healthy start

Pregnancy vitamin supplements

Prenatal vitamin supplements

Taking individual supplements

If you're taking individual vitamins, the following are essential:

- Folic acid to prevent neural tube defects such as spina bifida. You are advised to take 400mcg per day of folic acid from conception through to the 12th week of pregnancy.
- Vitamin D is needed for healthy bone growth and a 10mcg supplement should be taken each day throughout pregnancy and when breastfeeding.

If you have any concerns about your pregnancy supplements, why not give our Careline pregnancy advisors or nutritionist a call on **08457 623 628**

Choosing a combined prenatal supplement

There are also prenatal supplements available which are designed for women who are trying to conceive or are already pregnant. It's important to choose one that's designed especially for pregnancy or conception as it will give you the right balance of nutrients recommended without those that could cause you or your baby harm. An ordinary multivitamin may contain potentially high levels of the vitamins you should be avoiding, such as vitamin A.

As well as folic acid and vitamin D, pregnancy supplements also usually contain vitamin C, E and some B vitamins, like B6 and B12, as well as zinc, iron, calcium, iodine and selenium. If you are unsure about a supplement then ask your healthcare professional for advice before using them.

You may also need to take a vitamin B12 supplement if you are vegetarian or vegan but speak to your doctor or midwife for more information.

If you receive Healthy Start vouchers then you are also entitled to Healthy Start vitamins that contain vitamin D and folic acid.

If you have any concerns about your pregnancy diet, why not give our Careline a call on **08457 623 628**? Or ask us a question online, instantly, using Live Chat.