

Mamaste

NUTRITION



Guide to Prenatal Supplements

Jamie Adams, MS, RD, LDN, CPYT

Registered Dietitian & Certified Prenatal Yoga Instructor

@mamastenutrition

jamie@mamaste-nutrition.com



Mamaste
NUTRITION

Prenatal Supplements Guide

The #1 question I get asked is **which prenatal vitamin should I take?** My answer: just as your diet is individualized to you, so is your prenatal vitamin! A prenatal is meant to supplement YOUR diet, so it depends on your dietary intake, overall health, and any underlying nutrient deficiencies.

As a real-food dietitian, I help you to focus on obtaining nutrients from food first, and then fill in the gaps from there! I like to think of a prenatal vitamin as an "insurance policy" as it will not cover ALL of your nutrient needs throughout pregnancy.

However, with so many prenatal supplements out there on the market, it can be confusing to know what to look for.

As a Registered Dietitian specializing in infant, child, and maternal health, AND a mama-to-be myself, I've done extensive research on the key nutrients to look out for, as well as an extensive review of the prenatal vitamins available on the market today, specifically looking at the quality and nutrient composition among them. Here I will share my list of recommended nutrients to look out for, as well as prenatal supplements I personally use, or often recommend to my clients.

Again, there is no one-size-fits-all approach to supplements and additional supplementation beyond your prenatal vitamin may be needed depending on your diet and healthy history.

****DISCLAIMER:** The information provided in this document is not intended as medical advice. As always consult your qualified healthcare professional before changing your supplements or diet. Mamaste Nutrition assumes no liability for the use or misuse of any information found within this document, nor is Jamie of Mamaste Nutrition legally able to provide personalized supplementation or nutrition advice outside of a formal client-dietitian relationship. If you have questions about supplements, including those listed in this document and NOT listed in this document, please defer to your healthcare provider.**

What to Look For in a Prenatal Vitamin

Should you decide to look up & down the aisles at the numerous prenatal supplements out there on the market, here are some recommend nutrients (and their proper forms) to look out for:

--> Active forms of Folate (L-methylfolate), Vitamin B12 (methylcobalamin), and B6 (pyridoxal-5'-phosphate)

--> Choline (aka, the "new" folate!) a minimum of 450 mg is recommended during pregnancy

--> Iodine: to help with baby's brain development & thyroid function

--> Magnesium: reduces high blood pressure

--> Selenium: often lacking (or missing) in prenatal vitamins

--> Vitamin K2: for optimal Vitamin D & Calcium absorption for bone health

--> Vitamin A (with a portion coming in the form as retinyl palmitate)

--> Vitamin D (as D3, or cholecalciferol)

--> Note* I often recommend my clients to look for a prenatal without Iron, as it competes with other nutrients for absorption, it also can cause many side effects, and some women can meet their needs through diet alone. Discuss with your healthcare provider to determine whether a separate iron supplement is needed.

--> Lastly, check to see if it is independent, third party tested? (NSF, USP, and Consumer Lab) Supplements are not regulated by the FDA. Third party testing looks for any additives or heavy metal contamination.

Jamie's Recommend Prenatal Supplements

Full Circle Prenatal Vitamin:

(Designed by a functional registered dietitian specializing in women's health!)

- Pros:
 - Quality & higher/est amounts of most nutrients
 - Contains activated B Vitamins
 - Contains choline, iodine, selenium, magnesium, Vitamin K2, and Vitamin A as retinol
 - 4,000 IU of Vitamin D3 (an amount that is not only safe, but effective in increasing levels, of which are often found to be deficient in most pregnant women)
 - Contains glycine (a conditionally essential amino acid during pregnancy)
 - 3rd party tested for quality, safety, and manufacturing
- Cons:
 - 8 capsules/day
- Note: does not contain iron, consult with your healthcare provider to determine whether you need an additional iron supplement
- Where you can purchase: <https://bit.ly/34jkYST>

Seeking Health Prenatal Essentials:

- Pros:
 - 2 capsules/day
 - Most affordable option of this list
 - 3rd party tested for quality, safety, and manufacturing
- Cons:
 - No choline
 - Smaller doses of essential key nutrients in pregnancy (though may be met through diet!)
- Where you can purchase: <https://bit.ly/3hvkfmL>

Recommend Prenatal Supplements

Seeking Health Optimal Prenatal Capsules:

- Pros:
 - Quality & higher amounts of most nutrients
 - Contains activated B Vitamins
 - Contains choline, iodine, selenium, magnesium, Vitamin K2, and Vitamin A as retinol, and 2,000 IU of Vitamin D3
 - 3rd party tested for quality, safety, and manufacturing
- Cons:
 - 8 capsules/day
 - Costly
- Note: this does not contain iron, consult with your healthcare provider to determine whether you need an additional iron supplement
- Where you can purchase: <https://bit.ly/34jS9WL>

Seeking Health Optimal Prenatal Protein Powder:

- Pros:
 - Contains all of the same nutrients as the capsules
 - 15 g of added protein
 - 5 mg of iron
- Cons:
 - Contains 4 g of added sugar
 - Costly
- Note: Great for first-trimester mamas with morning sickness/food aversions who have difficulty meeting their protein needs and/or keeping pills down
- Where you can purchase: <https://bit.ly/37ry8PA>

Note that the above links are affiliate links and I may receive monetary compensation. Know that I only promote products that I personally use or recommend because I trust they are of high quality and share the mission and value of these companies, as well as believe in their products' value.

Additional Supplementation...

If Iron supplementation is needed (discuss with your healthcare provider to determine whether iron supplementation is right for you):

Thorne Iron Bisglycinate:

- Pros:
 - Bioavailable form
 - Reduced side effects such as constipation, nausea, and heartburn
- Where you can purchase: <https://www.thorne.com/products/dp/iron-bisglycinate>

Pure Encapsulations OptiFerin-C

- Pros:
 - Bioavailable form
 - Contains Vitamin C which can help enhance iron-absorption
- Where you can purchase: <https://www.pureencapsulations.com/optiferin-c60.html>

If EPA/DHA supplementation is needed (discuss with your healthcare provider as to whether additional EPA/DHA supplementation is right for you):

Nordic Naturals Prenatal DHA:

- Pros:
 - Contains 480 mg of DHA (recommended minimum is 300 mg of DHA/day during pregnancy)
 - 3rd party tested for quality, safety, and manufacturing
 - Strawberry flavored
- Where you can purchase: <https://www.nordicnaturals.com/consumers/prenatal-dha>

Again, everyone's nutrient needs vary, meaning one supplement is not right for everyone. This is not an inclusive list, and there may be other supplements on the market that are suitable for you that are not listed above. Consult with your healthcare provider, or meet with a prenatal nutrition specialist to determine the best supplement regimen for you.

Looking for More Guidance As You Navigate Your Pregnancy? *Read On to Learn How We Can Work Together!*

Jamie is currently accepting clients for **1:1 nutrition coaching!**

During our 1:1 sessions we will discuss:

- **Optimal foods from conception through the 4th trimester** to support baby's development
- Key nutrients that may be missing from your diet, and **how you can incorporate whole foods** into your diet to obtain these missing nutrients
 - Balancing stress, energy, and blood sugar levels
- An **individualized approach** to supplements based on your diet
- Nutrition & lifestyle tips to **managing common pregnancy symptoms**

To book your free discovery today, email me at

[jamie@mamaste-nutrition.com!](mailto:jamie@mamaste-nutrition.com)

Meet Jamie

Jamie is a **registered dietitian nutritionist** with a **master's degree** in clinical nutrition. With over 5 years of experience working with infants and children, Jamie started to take notice to the importance of mother's nutrition before, during, and after pregnancy. As she

and her husband began planning to have a family of their own one day, she delved deeper into the **relationships between nutrition, stress reduction, and a healthy pregnancy.**

After finding very few resources and a ton of misinformation on prenatal nutrition, and now, **as a mom-to-be herself**, Jamie is dedicated to **debunk the myths** behind nutrition and pregnancy.

Jamie started Mamaste Nutrition as **a space for moms and mamas to be to connect and support** one another, as well as to **educate** women on the importance of optimizing their nutrition for a healthy & happy pregnancy!



Keep in touch:  

@mamaste-nutrition

E: jamie@mamaste-nutrition.com