



# Supplements Recommended For Pregnancy

**Start Now!** It is best to start taking these supplements when you decide to become pregnant. If you are already pregnant, start as soon as possible. The beginning of pregnancy is a critical time of development for your baby and he or she needs each of these to support a healthy start!

- ⇒ **Prenatal vitamin**—A whole food option such as **Garden of Life is Best!**
  - ⇒ **Folic Acid**—at least 400mcg daily to prevent neural tube defects such as spina bifida.
  - ⇒ **Omega 3's/Fish Oils/EPA and DHA**—Most prenatal vitamins don't have enough of this and you should be taking an additional daily supplement to help support healthy brain development. Look for a cold water fish or plant based source such as Arctic Omegas or flaxseed oil. What's the difference between these? EPA and DHA are specific types of Omega-3's. Omega-3's are fatty acids found in fish oil. There are other sources (like flaxseed) if you prefer non-animal products.
  - ⇒ **Vitamin D**—Most of us are very low in Vitamin D and this important vitamin helps support brain health and deficiencies have been linked to ADD, Alzheimer's and diabetes. Start with 4000-6000 IUs daily.
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