**Essential Nutrients During Pregnancy and Breastfeeding**

**Why Do I Need a Prenatal Vitamin When I Am Pregnant and Breastfeeding?**

According to the National Health and Nutrition Examination Survey (NHANES) 2005-2006, even if you eat a healthy diet every day, you may fall short on key nutrients such as folic acid, vitamin E, calcium and magnesium. As shown in the side bar of the amount of some foods required to meet the recommended dietary allowance (RDA), it can be difficult to meet all nutrient needs through diet alone. Supplementation can fill the nutrient gaps to aid in a healthy pregnancy for you and the healthy development of your child.

Pregnancy places a higher demand on the body, which increases the amount of certain nutrients required. Prenatal multivitamins, such as the Nature Made® Prenatal DHA Liquid SoftGel®, contain more of critical nutrients including folic acid, iron and DHA, an omega-3 fatty acid, all of which are needed to support both the needs of the mother and the growing baby.

**When Should I Begin Taking a Prenatal Vitamin?**

If trying to conceive, experts recommend starting a daily prenatal vitamin supplement to help fill any nutrient gaps.

Folic acid is essential for a healthy pregnancy, even before a woman knows she is pregnant. Why? Adequate folic acid is vital to prevent neural tube defects—abnormalities of the brain and spine. The neural tube is already formed very early in the first trimester before many women confirm they are pregnant. Therefore, it is essential that all women of childbearing age receive at least 400 micrograms (mcg) of folic acid daily.

The iron in red blood cells helps carry oxygen to your organs, tissues and baby. Women need more iron in their diets during pregnancy to support the healthy growth of their baby.

**How Much Folic Acid Do I Need During Pregnancy and Breastfeeding?**

The Food and Nutrition Board (FNB) recommends 600 mcg once pregnancy is determined. Folic acid can reduce the risk of neural tube defects if taken prior to conception through the sixth week of pregnancy, and possibly reduces other birth defects if taken later in pregnancy.

**How Much Iron Do I Need During Pregnancy and Breastfeeding?**

Adequate iron intake during pregnancy is 27 milligrams (mg) per day. During pregnancy, a woman’s iron needs increase, and, in fact, they are nearly double. Low maternal iron status during pregnancy has been associated with increased risk of low birth weight, preterm delivery and other adverse outcomes. It is important to note that excessive iron intake can interfere with the absorption of other minerals, such as zinc, which is needed for fetal growth and development. A good prenatal that provides 27 mg or more of iron per serving should also provide at least 15 mg of zinc, as with the Nature Made Prenatal DHA Liquid SoftGel, which contains 25 mg of zinc.

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**USE OF A QUALITY SUPPLEMENT CAN FILL NUTRIENT GAPS TO AID IN A HEALTHY PREGNANCY**

- **FOLIC ACID**
  - ASPARAGUS: 35 spears
  - ORANGES: 17 oranges
  - SPINACH: 3 cups (boiled)

- **IRON**
  - KIDNEY BEANS: 6.75 cups (boiled)
  - SPINACH: 4.5 cups (boiled)
  - BEEF TENDERLOIN: 30 ounces (roasted)

- **DHA**
  - TUNA: 27 ounces (canned, light)
  - EGGS: 33 eggs
LIQUID SOFTGEL® combines all of one single softgel.

One daily dose of Nature Made Prenatal DHA Liquid SoftGel contains the essential nutrients that are critical to supporting a healthy pregnancy and the baby’s development.

- 800 mcg Folic Acid (100% DV) – Folic acid may reduce a woman’s risk of having a child with a brain or spinal cord birth defect
- 27 mg Iron (150% DV) – The body’s need for iron nearly doubles during pregnancy
- 200 mg DHA* – DHA plays a crucial role in fetal brain and eye development because DHA is directly transferred from the mother to the fetus during these developmental stages

*Daily Value (DV) not established

ABOUT NATURE MADE®
Nature Made® is the number one vitamin and supplement brand in the grocery, drug, club and mass channels. Manufactured by Pharmavite, Nature Made was the first line of dietary supplements to earn a third-party quality seal of approval through the United States Pharmacopeia’s Dietary Supplement Verification Program. The dietary supplement industry is regulated by the U.S. Food and Drug Administration and the Federal Trade Commission, as well as by government agencies in each of the 50 states. Nature Made is a Proud Partner of FamilyDoctor.org, an award-winning website featuring physician-reviewed information on more than 900 health and wellness topics provided in English and Spanish, including vitamins and supplements. Visit NatureMade.com for the latest news and offerings.

ABOUT PHARMAVITE LLC
Pharmavite LLC is the manufacturer of Nature Made® and SOYJOY® brand names. Nature Made vitamins is the number one supplement brand in the food, drug, club and mass channels. SOYJOY is an all-natural, nutrient-rich food baked with whole soy and real fruit. Based in Northridge, California, Pharmavite LLC operates as a subsidiary of Otsuka Pharmaceutical Co., Ltd. For more information, please visit Pharmavite.com.

NATURE MADE® PRENATAL DHA LIQUID SOFTGEL® contains all of the key nutrients from a prenatal multivitamin with 200 mg DHA into one single softgel.

What is DHA and How Much Do I Need During Pregnancy and Breastfeeding?
DHA is important because it is thought to help promote the healthy growth and development of your baby’s brain, eyes and nervous system. It has been suggested that women should consume a minimum of 200 mg of DHA daily while pregnant and breastfeeding.

DHA remains important to baby’s development after birth. Mothers of breast-fed infants should be aware that breast milk is not naturally high in DHA, so it is important to ensure adequate DHA in your diet or through supplementation while breastfeeding.

While fatty fish are the best dietary sources of omega-3 fatty acids, women of child-bearing age and pregnant women are advised to avoid certain fish that may have a high content of methylmercury—a compound that can affect the development of the baby’s nervous system. Another option is a supplement providing omega-3 fatty acids, such as the Nature Made Prenatal DHA Liquid SoftGel.

How Should I Take the Prenatal SoftGel?
Prenatal DHA Liquid SoftGel is best when one softgel is taken daily with a meal.

Is Prenatal DHA Liquid SoftGel Safe?
Significant research has been conducted in support of the Nature Made Prenatal DHA Liquid SoftGel and it has a strong safety profile. It is guaranteed to meet Pharmavite’s high quality standards and is made from carefully-selected ingredients under strict manufacturing processes. It contains no artificial flavors, no preservatives and no yeast, starch or gluten.

A recent study utilizing Nature Made Prenatal DHA Liquid SoftGel found results indicating the absorption of folic acid from the multivitamin liquid softgel capsule is similar to the absorption from a standard folic acid tablet. In addition, the study found increased iron concentration, indicating iron was also absorbed from the softgel capsule.

How Are Prenatal Vitamins Regulated?
The dietary supplement industry is regulated by the FDA and the Federal Trade Commission, as well as by government agencies in each of the 50 states.

Check with Healthcare Professional
It is always advisable to consult your physician or healthcare professional regarding the use of dietary supplements, especially during pregnancy and lactation, as it is important to understand dosing and any potential interactions with other medications. Please note this product contains multiple nutrients.

FOR MORE INFORMATION
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REFERENCES
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