The Benefits of a Prenatal Multivitamin with DHA

Iron-deficiency anemia affects one in six pregnant women. Only 24% of U.S. women of childbearing age (15-44 years) consume the recommended intake of folic acid. Over half (59%) of adults are not meeting their magnesium requirements. Americans consume only 17% of the recommended amount for omega-3s EPA and DHA.

**Iron**
- Insufficient intake can cause calcium to be sacrificed from the mother’s bones to support rapid healthy and strong bone growth in the developing baby. Low levels have been associated with increased risk of low birth weight, preterm delivery and other adverse outcomes.
- RDA during pregnancy (14-18 years): 1,300 mg/day; (19 years and up): 1,000 mg/day

**Folic Acid**
- Adequate folic acid in healthful diets may reduce a woman’s risk of having a child with a neural tube defect. Supplementation should begin before conception as neural tube is formed by day 28 of gestation.
- RDA during pregnancy: 600 mcg DFE/day

**Magnesium**
- Supports energy metabolism and nerve, muscle and bone health in mother and baby.
- RDA during pregnancy (14-18 years old): 400 mg/day; (19-30 years old): 350 mg/day; (31-50 years): 360 mg/day

**Omega 3S**
- DHA helps support the healthy growth and development of baby’s brain and eyes.
- Recommendations during pregnancy: at least 200 mg/day

**Iodine**
- Important for normal thyroid function in mom and brain development in baby. Consuming processed foods and using non-iodized salt has led to a decrease in dietary intake in women of childbearing age.
- RDA during pregnancy (19 years and up): 1,000 mg/day
- RDA during pregnancy (14-18 years): 1,300 mg/day

**Calcium**
- Essential for baby’s skeletal development and improves calcium absorption and independently provides bone mineral support functions.
- RDA during pregnancy: 15 mcg (600 IU)/day for bone health, 37.5-50 mcg (1,500-2,000 IU)/day to maintain blood vitamin D levels in the healthy range

**Vitamin D**
- Supports energy metabolism and nerve, muscle and bone health in mother and baby.
- RDA during pregnancy (14-18 years old): 400 mg/day; (19-30 years old): 350 mg/day; (31-50 years): 360 mg/day

**Key Nutrients and Recommended Intakes**

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References:
9. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.