



Prenatal Vitamin Recommendations

The Physicians at Alliance Obstetrics and Gynecology recommend that women who are pregnant or trying for pregnancy take a daily prenatal vitamin in addition to a healthy, well-balanced diet. The different ways of obtaining a prenatal vitamin are detailed below. Please note that we recommend a DHA supplement in addition to your prenatal vitamin. DHA is an Omega-3 fatty acid that is beneficial for baby's brain and eye development. Please contact the office if you have any questions.

Over-the-counter prenatal vitamin with DHA: These vitamins that can be purchased without a prescription at any local grocery store or pharmacy. They usually have the DHA added into the prenatal vitamin (so you're only taking one pill per day). Examples of this type of supplement are Women's One-a-day Prenatal with Folic Acid and DHA or Nature Made Prenatal Multi + DHA (store brand equivalents are available as well). **If you choose to purchase a combination vitamin, please be sure that it contains at least 600mcg of Folic Acid, 27mg of Iron, and 200-300mg DHA.**

Prescription prenatal vitamin without DHA: Meijer pharmacy offers free prenatal vitamins with a prescription from a physician. These vitamins do not contain DHA. If you would like a prescription for a free prenatal vitamin, please purchase an over-the-counter DHA supplement (200-300mg/day), such as Expecta Lipil.

Prescription prenatal vitamin with DHA: Insurance companies will occasionally cover the cost of a prenatal vitamin with DHA if it is prescribed by your healthcare provider. Every insurance plan is different, so we recommend that you check with your insurance carrier to see if any combination vitamins are covered. Examples of these vitamins include CitraNatal Harmony or VitaPearl.

Please refrain from taking herbal supplements or vitamins with herbal components during pregnancy. There is no data available to indicate that these substances are safe during pregnancy