



**What Vitamins and Minerals Do I Need During Pregnancy?**

During pregnancy, you need folic acid, iron, calcium, vitamin D, choline, omega-3 fatty acids, B vitamins, and vitamin C. See the below table for recommended amounts.

**Key Vitamins and Minerals During Pregnancy and Recommended Amounts:**

<b>NUTRIENT (Daily recommended Amount)</b>	<b>WHY YOU AND YOUR FETUS NEED IT</b>	<b>BEST SOURCES</b>
<b>Calcium (1,300 mg for ages 14-18; 1,000 mg for ages 19-50)</b>	Builds strong bones	Milk, cheese, yogurt, sardines, dark green leafy vegetables
<b>Iron (27 mg)</b>	Helps red blood cells deliver oxygen to fetus	Lean red meat, poultry, fish, dried beans and peas, iron-fortified cereals, prune juice
<b>Iodine (220 mcg)</b>	Essential for healthy brain development	Iodized table salt, dairy products, seafood, meat, some bread, eggs
<b>Choline (450 mg)</b>	Important for development of fetus's brain and spinal cord	Milk, beef, liver, eggs, peanuts, soy products
<b>Vitamin D (1,000 - 2,000 units)</b>	Needed for calcium absorption, heart, bone and nervous system development	Egg yolks, dairy products, fortified cereals

**What Herbs and Supplements are Safe and Unsafe During Pregnancy?**

Some herbs and supplements are unsafe for pregnancy because they may cause premature labor or other problems. Always consult your health care provider before taking any herbal remedy and check whether or not it is safe for you and your baby.

**SUPPLEMENTS TO AVOID:**

- Saw Palmetto
- Wormwood
- Mugwort
- Tansy
- Blue Cohosh
- Vitamins A & E
- Red Clover
- Black Cohosh
- Goldenseal
- Angelica
- Pennyroyal
- Dong Quai
- Yarrow
- Ephedra
- Yohimbe

### SAFE SUPPLEMENTS TO TAKE:

- Prenatal Vitamin
- Folate
- Iron
- Vitamin D
- Magnesium
- Ginger
- Fish Oil
- Probiotics
- Choline

### HERBS TO AVOID:

- Uterine Stimulants (aloe, barberry, black cohosh, blue cohosh, juniper, dong quai, feverfew, goldenseal, wild yam, motherwort)
- Autumn Crocus
- Mugwort
- Pokeroot
- Sassafras
- Comfrey
- Mistletoe

### SAFE HERBS:

- Basil
- Parsley
- Sage
- Rosemary
- Dill
- Mint
- Thyme
- Fennel
- Ginger
- Garlic