



Prenatal Vitamins



Overview

Are you pregnant or trying to get pregnant? You may need more vitamins and minerals than you get through diet alone. You can boost those key nutrients with prenatal vitamins. They help your body support a growing baby.

What nutrients are recommended?

What nutrients are recommended? Folic acid is one. Taking extra folic acid helps your baby's brain and spinal cord. You may need extra iron. It helps your body make the blood you need to support the growing baby. You may also be asked to boost your intake of omega-3 fatty acids.

Other nutrients

Prenatal vitamins may also have things like vitamin D, vitamin C, calcium and zinc. Not all prenatal vitamins have the same nutrients. So talk to your doctor to find out which ones are right for you.