

PRENATAL VITAMINS

Brand Name	Company	Dosage Unit		Vitamins											Minerals				Notes				
				Folic Acid (mg)	Vit. A (Units)	Vit. B1 (mg)	Vit. B2 (mg)	Vit. B3 (mg)	Vit. B5 (mg)	Vit. B6 (mg)	Vit. B12 (mcg)	Biotin (mcg)	Vit. C (mg)	Vit. D (Units)	Vit. E	Calcium (mg)	Iron (mg)	Copper (mg)		Iodine (mcg)	Magnesium (mg)	Selenium (mcg)	Zinc (mg)
CITRANATAL ASSURE	Mission Pharmacal	per tab per cap	R	1		3	3.4	20		25			120	400	30 IU		125	35	2	0.15		25	Dose is 1 tab + 1 gel cap daily. Tab contains: Calcium as citrate. Iron as carbonyl iron and ferrous gluconate. Also contains docusate sodium 50mg. Gel cap contains: DHA 300mg, derived from microalgae.
CITRANATAL B-CALM	Mission Pharmacal	per tab per tab	R	1						25			120	400			125	20					Dose is 1 tab every 8hrs starting with "Tablet 1." Calcium as citrate. Iron as carbonyl iron.
CITRANATAL DHA	Mission Pharmacal	per tab per cap	R	1		3	3.4	20		20			120	400	30 IU		125	27	2	0.15		25	Dose is 1 tab + 1 gel cap daily. Gel cap contains: DHA 250mg, derived from microalgae. Tab contains: Docusate sodium 50mg. Calcium as citrate. Iron as carbonyl iron and ferrous gluconate.
CITRANATAL 90 DHA	Mission Pharmacal	per tab per cap	R	1		3	3.4	20		20			120	400	30 IU		200	90	2	0.15		25	Dose is 1 tab + 1 gel cap daily. Gel cap contains: DHA 250mg, derived from microalgae. Tab contains: Docusate sodium 50mg. Calcium as citrate. Iron as carbonyl iron.
CITRANATAL HARMONY	Mission Pharmacal	per softgel cap	R	1						25				400	30 IU		27						Calcium as citrate. Iron as carbonyl iron. Also contains DHA 250mg, docusate sodium 50mg.
CITRANATAL RX	Mission Pharmacal	per tab	R	1		3	3.4	20		20			120	400	30 IU		125	27	2	0.15		25	Calcium as citrate. Iron as carbonyl iron and ferrous gluconate. Also contains docusate sodium 50mg.
DUET	Xanodyne	per tab	R	1	3000	1.8	4	20		25	12		120	400	30 mg		200	29	2		25	25	Vit. A as beta carotene. Calcium as carbonate. Iron as bisglycinate and IronAid. Chew tabs contain phenylalanine.
DUET CHEWABLE	Xanodyne	per tab	R	1	3000	1.8	4	20		25	12		120	400	30 mg		100	29	2		25	25	Dose is 1 tab + 1 enteric-coated softgel cap daily. Enteric-coated softgel cap contains: omega-3 fatty acids 440mg (as docosahexaenoic acid 295mg; as other omega-3 fatty acids 145mg [eicosapentaenoic acid, docosapentaenoic acid]). Calcium as carbonate. Iron as sodium iron EDTA, Ferrazone.
DUET DHA w. FERRAZONE	Xanodyne	per tab softgel cap	R	1	3000	1.8	4	20		28	12		130	410	30 mg		230	30	2		25	25	Dose is 1 tab + 1 enteric-coated softgel cap daily. Enteric-coated softgel cap contains: omega-3 fatty acids 430mg (as docosahexaenoic acid 295mg; as other omega-3 fatty acids 135mg [eicosapentaenoic acid, docosapentaenoic acid]). Calcium as carbonate. Iron as sodium iron EDTA, Ferrazone.
DUET DHA COMPLETE	Xanodyne	per tab softgel cap	R	1	3000	1.8	4	20		50	12		120	800	3 mg		230	27	2	0.22	25	25	Dose is 1 tab + 1 enteric-coated softgel cap daily. Enteric-coated softgel cap contains: omega-3 fatty acids 430mg (as docosahexaenoic acid 295mg; as other omega-3 fatty acids 135mg [eicosapentaenoic acid, docosapentaenoic acid]). Calcium as carbonate. Iron as sodium iron EDTA, Ferrazone.
GESTICARE	Azur Pharma	per tab	R	1		3	3	20		50	8		120	420	30 IU		200	28		0.15		15	Calcium as carbonate. Iron as ferrous fumarate. Also contains choline (asbitartrate) 55mg.
GESTICARE DHA	Azur Pharma	per tab per cap	R	1		3	3	20		50	8		120	420	30 IU		200	28		0.15		15	Dose is 1 tab + 1 gel cap daily. Gel cap contains: DHA 250mg, derived from microalgae. Tab contains: Calcium as carbonate. Iron as ferrous fumarate. Also contains choline (as bitartrate) 55mg.
PRENATAL Rx 1	Ethex	per tab	R	1	4000	1.5	1.6	17	7	4	2.5	30	80	400	15 Units		200	60	3		100	25	Vit. A as 90% acetate and 10% beta carotene. Calcium as carbonate. Iron as fumarate.
NATACHEW	Warner Chilcott	per tab	R	1	1000	2	3	20		10	12		120	400	11 Units		29						Vit. A as beta carotene. Iron as fumarate. Chewable tablets.
NATAFORT	Warner Chilcott	per tab	R	1	1000	2	3	20		10	12		120	400	11 Units		60						Vit. A as acetate and beta carotene. Iron as carbonyl and sulfate.
NEEVO	PamLab	per caplet	R	0.4*		3	3.4	20	7	2.6	500	30	80	400	30 IU		200	29	2		40	15	Calcium as carbonate. Iron as polysaccharide complex. Gluten, lactose, yeast-free. *Also contains L-methylfolate 1mg
NEEVO DHA	PamLab	per cap	R	0.4*						25	1000		40		30 IU		75	27					Calcium as tricalcium phosphate. Iron as ferrous fumarate. Contains docosahexaenoic acid (DHA, vegetarian source [algae]) 250mg and soy. *Also contains L-methylfolate 1mg
PREFERA0B	Alaven	per tab	R	1		1.5	1.6	17	10	50	12	30		400	10 IU		28	0.8	0.175		65	15	Iron as polysaccharide iron complex 22mg + heme iron polypeptide as Proferrin 6mg.
PREFERA0B+DHA	Alaven	per tab per softgel cap	R	1		1.5	1.6	17	10	50	12	30		400	10 IU		28	0.8	0.175		65	15	Dose is 1 tab + 1 DHA softgel cap daily. Tab contains: Iron as polysaccharide iron complex 22mg + heme iron polypeptide as Proferrin 6mg. Softgel cap contains: DHA 200mg, derived from microalgae.
PREFERA0B ONE	Alaven	per tab	R	1				17	10	50	12	30	25	400	10 IU		28		0.175			15	Iron as polysaccharide iron complex 22mg + heme iron polypeptide as Proferrin 6mg. Also contains DHA 200mg, derived from microalgae.
PRENATE DHA	Sciele	per softgel	R	0.4*						25	12		85	200	10 IU		150	27			50		Calcium as carbonate. Iron as fumarate. Also contains DHA 300mg, calcium docusate 50mg. *Also contains Metafolin 0.6mg
PRENATE ELITE	Sciele	per tab	R	0.4*		3	3.4	20	6	20	12	30	120	400	10 IU		200	90	2		30	15	Also contains 50mg docusate sodium. Calcium as carbonate. Iron as carbonyl. *Also contains Metafolin 0.6mg
PRENEXA	Upsher-Smith	per cap	R	1.25						25			28	400	30 IU		160	27					Calcium as phosphate. Iron as ferrous fumarate. Contains docosahexaenoic acid (DHA, plant-based source [algae]) 300mg, docusate sodium <=55mg, and soy.
SELECT-0B	Everett	per tab	R	1	1700	1.6	1.8	15		2.5	5		60	400	30 IU		29				25	15	Tabs may be chewed or swallowed. Gluten-, lactose-, and iodine-free.