

# PRENATAL VITAMINS (part 1 of 2)

Brand Name	Company	Dosage Unit	Vitamins												
			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)		
B-NEXA	Upsher-Smith	per tab	1.22							42					
CITRANATAL 90 DHA	Mission Pharmacial	per tab	1		3	3.4	20			20				120	400
		per cap													
CITRANATAL ASSURE	Mission Pharmacial	per tab	1		3	3.4	20			25				120	400
		per cap													
CITRANATAL B-CALM	Mission Pharmacial	per tab	1							25				120	400
		per tab								25					
CITRANATAL DHA	Mission Pharmacial	per tab	1		3	3.4	20			20				120	400
		per cap													
CITRANATAL HARMONY	Mission Pharmacial	per softgel cap	1							25					400
CITRANATAL RX	Mission Pharmacial	per tab	1		3	3.4	20			20				120	400
DUET DHA BALANCED	Xanodyne	per tab	1	2850	1.8	4	20			50	12			120	840
		softgel cap													
DUET DHA COMPLETE	Xanodyne	per tab	1	3000	1.8	4	20			50	12			120	800
		softgel cap													
GESTICARE	Jazz Pharmaceuticals	per tab	1		3	3	20			50	8			120	420
GESTICARE DHA	Jazz Pharmaceuticals	per tab	1		3	3	20			50	8			120	420
		per cap													
NATACHEW	Warner Chilcott	per tab	1	1000	2	3	20			10	12			120	400
NATAFORT	Warner Chilcott	per tab	1	1000	2	3	20			10	12			120	400
NATELLE ONE	Jazz Pharmaceuticals	per gel cap	1							25				30	
NEEVO	PamLab	per caplet	0.4*		3	3.4	20	7	2.6	500	30	80		400	
NEEVO DHA	PamLab	per cap	0.4*							25	1000			40	
NEXA PLUS	Upsher-Smith	per gel cap	1.25							25		250	28	800	
NEXA SELECT	Upsher-Smith	per softgel cap	1.25							25			28	800	
NOVANATAL	Azur Pharma	per tab	1		3	3	20			3	8			120	400
O-CAL PRENATAL	Pharmics	per tab	1	2500	1.5	1.6	17			12	12			70	400
PREFERAOB	Alaven	per tab	1		1.5	1.6	17	10	50	12	30			400	
PREFERAOB+DHA	Alaven	per tab	1		1.5	1.6	17	10	50	12	30			400	
		per softgel cap													
PREFERAOB ONE	Alaven	per softgel	1				17	10	50	12	30	25		400	
PRENATAL Rx 1	Ethex	per tab	1	4000	1.5	1.6	17	7	4	2.5	30	80		400	
PRENATE DHA	Avion	per softgel	0.4*						25	12		85		200	
PRENATE ELITE	Avion	per tab	0.4*	2500	3	3.4	20	6	20	12	300	80		400	
PRENATE ESSENTIAL	Avion	per softgel	0.4*						25	12	250	85		200	
PRENATE MINI	Avion	per softgel	0.4*							26	13	280	60	220	
PRENEXA	Upsher-Smith	per cap	1.25							25			28	400	
SELECT-OB	Everett	per tab	1	1700	1.6	1.8	15			2.5	5			60	400
STUART PRENATAL	Xanodyne	per tab	0.8	4000	1.8	1.7	20			2.6	8			120	400
VITAFOL-OB	Everett	per caplet	1	2700	1.6	1.8	18			2.5	12			70	400
VITAFOL-OB + DHA	Everett	per caplet	1	2700	1.6	1.8	18			2.5	12			70	400

# PRENATAL VITAMINS (part 2 of 2)

Vit. E	Calcium (mg)	Iron (mg)	Copper (mg)	Iodine (mg)	Magnesium (mg)	Selenium (mcg)	Zinc (mg)	Notes
	124.1							Dose is 1 or 2 tabs daily, in divided doses. Calcium as dicalcium phosphate and tricalcium phosphate. Also contains 100mg ginger root powder extract (equivalent to 500mg ginger root powder).
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.
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.
	125	20						Dose is 1 tab every 8hrs starting with "Tablet 1." Calcium as citrate. Iron as carbonyl iron.
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.
30 IU		27						Calcium as citrate. Iron as carbonyl iron. Also contains DHA 250mg, docusate sodium 50mg.
30 IU	125	27	2	0.15			25	Calcium as citrate. Iron as carbonyl iron and ferrous gluconate. Also contains docusate sodium 50mg.
3 mg	219	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.
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.
30 IU	200	28		0.15			15	Calcium as carbonate. Iron as ferrous fumarate. Also contains choline (as bitartrate) 55mg.
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.
11 Units		29						Vit. A as beta carotene. Iron as fumarate. Chewable tablets.
11 Units		60						Vit. A as acetate and beta carotene. Iron as carbonyl and sulfate.
30 IU	102	28						Calcium as tricalcium phosphate. Iron as ferrous fumarate. Also contains DHA 250mg (plant-based source [algae oil]), EPA ≤0.625mg
30 IU	200	29	2		40		15	Calcium as carbonate. Iron as polysaccharide complex. Gluten, lactose, yeast-free. *Also contains L-methylfolate 1mg
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
30 IU	160	29						Also contains DHA 350mg, derived from microalgae, Docusate calcium 55mg
30 IU	160	29						Calcium as phosphate. Iron as ferrous fumarate. Also contains DHA 350mg (plant-based source [microalgae]), docusate sodium 55mg, soy.
30 IU	200	29		0.15			15	Calcium as carbonate. Iron as carbonyl iron.
30 IU	200	15	2	0.15	100		15	Calcium as carbonate. Iron as fumarate.
10 IU		28	0.8	0.175		65	15	Iron as polysaccharide iron complex 22mg + heme iron polypeptide as Proferin 6mg.
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 Proferin 6mg. Softgel cap contains: DHA 200mg, derived from microalgae.
10 IU		28		0.175			15	Iron as polysaccharide iron complex 22mg + heme iron polypeptide as Proferin 6mg. Also contains DHA 200mg, derived from microalgae.
15 Units	200	60	3		100		25	Vit. A as 90% acetate and 10% beta carotene. Calcium as carbonate. Iron as fumarate. Also contains DHA 300mg. Iron as fumarate. *Also contains Metafolin 0.6mg
10 IU	140	27			45			Also contains DHA 300mg, EPA 40mg. Calcium as carbonate, Iron as fumarate. Iodine as potassium iodide. Magnesium as oxide. *Also contains Metafolin 0.6mg.
10 IU	120	27	2	0.150	30		15	Vit. A as beta-carotene. Calcium as carbonate. Iron as fumarate. *Also contains Metafolin 0.6mg
10 IU	140	28		0.150	45			Also contains DHA 300mg, EPA 40mg. Calcium as carbonate, Iron as fumarate. Iodine as potassium iodide. Magnesium as oxide. *Also contains Metafolin 0.6mg.
10 IU	100	29		0.150	25			Also contains DHA 350mg, blueberry extract 25mg. Iron as carbonyl. Calcium as carbonate. *Also contains Metafolin 0.6mg
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.
30 IU	29				25		15	Tabs may be chewed or swallowed. Gluten-, lactose-, and iodine-free.
30 IU	200	28					25	Available OTC. Vit. A as beta carotene. Calcium as carbonate. Iron as fumarate.
30 IU	100	65	2		25		25	Vit. A as beta carotene. Calcium as carbonate. Iron as ferrous fumarate. Gluten, lactose- and sugar-free
30 IU	100	65	2		25		25	Vit. A as beta carotene. Calcium as carbonate. Iron as ferrous fumarate. Gluten, lactose-, iodine- and sugar-free. Also contains DHA 250mg.