

Prenatal Vitamins																						
Brand Name	Company	Dosage Unit	Vitamins & Minerals													Notes						
			Folate 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 (mg)	Magnesium (mg)	Selenium (mcg)	Zinc (mg)
B-NEXA	Upsher-Smith	per tab	1.22					42						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).		
CITRANATAL 90 DHA	Mission Pharmacal	per tab per cap	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: Docosate sodium 50mg. Calcium as citrate. Iron as carbonyl iron.	
CITRANATAL ASSURE	Mission Pharmacal	per tab per cap	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 docosate sodium 50mg. Gel cap contains: DHA 300mg, derived from microalgae.	
CITRANATAL B-CALM	Mission Pharmacal	per tab per tab	1						25	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	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: Docosate sodium 50mg. Calcium as citrate. Iron as carbonyl iron and ferrous gluconate.	
CITRANATAL HARMONY	Mission Pharmacal	per softgel cap	1						25					400	30 IU		27				Calcium as citrate. Iron as carbonyl iron. Also contains DHA 250mg, docosate sodium 50mg.	
CITRANATAL RX	Mission Pharmacal	per tab	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 docosate sodium 50mg.	
DUET DHA BALANCED	Xanodyne	per tab softgel cap	1	2850	1.8	4	20		50	12			120	840	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, docasapentaenoic acid]). Calcium as carbonate. Iron as sodium iron EDTA, Ferrazone.
DUET DHA COMPLETE	Xanodyne	per tab softgel cap	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, docasapentaenoic acid]). Calcium as carbonate. Iron as sodium iron EDTA, Ferrazone.
GESTICARE	Jazz Pharmaceutical	per tab	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 (as bitartrate) 55mg.
GESTICARE DHA	Jazz Pharmaceutical	per tab per cap	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.
NATACHEW	Warner Chilcott	per tab	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	1	1000	2	3	20		10	12			120	400	11 Units		60					Vit. A as acetate and beta carotene. Iron as carbonyl and sulfate.
NATELLE ONE	Jazz Pharmaceutical	per gel cap	1						25				30		30 IU	102	28					Calcium as tricalcium phosphate. Iron as ferrous fumarate. Also contains DHA 250mg (plant-based source [algai oil]), EPA ≤0.625mg.
NEEVO	PamLab	per caplet	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	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
NEXA PLUS	Upsher-Smith	per gel cap	1.25						25		250	28	800	30 IU	160	29						Also contains DHA 350mg, derived from microalgae, Docosate calcium 55mg
NEXA SELECT	Upsher-Smith	per softgel cap	1.25						25			28	800	30 IU	160	29						Calcium as phosphate. Iron as ferrous fumarate. Also contains DHA 350mg (plant-based source [microalgae]), docosate sodium 55mg, soy.
NOVANATAL	Azur Pharma	per tab	1		3	3	20		3	8			120	400	30 IU	200	29		0.15		15	Calcium as carbonate. Iron as carbonyl iron.
O-CAL PRENATAL	Pharmics	per tab	1	2500	1.5	1.6	17		12	12			70	400	30 IU	200	15	2	0.15	100	15	Calcium as carbonate. Iron as fumarate.
PREFERAOB	Alaven	per tab	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 Proferin 6mg.
PREFERAOB+DHA	Alaven	per tab per softgel cap	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 Proferin 6mg. Softgel cap contains: DHA 200mg, derived from microalgae.
PREFERAOB ONE	Alaven	per softgel	1				17		10	50	12	30	25	400	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.
PRENATAL Rx 1	Ethex	per tab	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.
PRENATE DHA	Avion	per softgel	0.4*						25	12			85	200	10 IU	140	27			45		Also contains DHA 300mg. Iron as fumarate. *Also contains Metafolin 0.6mg
PRENATE ELITE	Avion	per tab	0.4*	2500	3	3.4	20	6	20	12	300	80	400	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
PRENATE ESSENTIAL	Avion	per softgel	0.4*						25	12	250	85	200	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
PRENATE MINI	Avion	per softgel	0.4*						26	13	280	60	220	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
PRENEXA	Upsher-Smith	per cap	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, docosate sodium #55mg, and soy.
SELECT-OB	Everett	per tab	1	1700	1.6	1.8	15		2.5	5		60	400	30 IU		29			25			Tabs may be chewed or swallowed. Gluten-, lactose-, and iodine-free.
STUART PRENATAL	Xanodyne	per tab	0.8	4000	1.8	1.7	20		2.6	8		120	400	30 IU	200	28					25	Available OTC. Vit. A as beta carotene. Calcium as carbonate. Iron as fumarate.
VITAFOL-OB	Everett	per caplet	1	2700	1.6	1.8	18		2.5	12		70	400	30 IU	100	65	2		25		25	Vit. A as beta carotene. Calcium as carbonate. Iron as ferrous fumarate. Gluten, lactose- and sugar-free.
VITAFOL-OB + DHA	Everett	per caplet	1	2700	1.6	1.8	18		2.5	12		70	400	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.