

## What to Look for in a Vitamin Vitamin and Mineral Needs in Pregnancy

|                      |                           |                         |                         |
|----------------------|---------------------------|-------------------------|-------------------------|
| <b>Protein</b>       | <b>80-100 g</b>           | <b>Choline</b>          | <b>500 – 1,000 mg</b>   |
| <b>Calories</b>      | <b>2600-3000</b>          | <b>Inositol</b>         | <b>250 - 500 mg</b>     |
| <b>Carbohydrates</b> | <b>300 g</b>              | <b>PABA</b>             | <b>25 mg</b>            |
| <b>Fats</b>          | <b>66 g</b>               | <b>Pantothenic Acid</b> | <b>50 mg</b>            |
| <b>Vitamin A</b>     | <b>10,000 – 15,000 IU</b> | <b>Vitamin K</b>        | <b>100 mcg</b>          |
| <b>Vitamin D</b>     | <b>200 - 600 IU</b>       | <b>Calcium</b>          | <b>1,200 - 1,500 mg</b> |
| <b>Vitamin E</b>     | <b>400 - 600 IU</b>       | <b>Iron</b>             | <b>30 - 60 mg</b>       |
| <b>Vitamin C</b>     | <b>70 - 95 mg</b>         | <b>Iodine</b>           | <b>175 mcg</b>          |
| <b>Bioflavonoids</b> | <b>500 mg</b>             | <b>Magnesium</b>        | <b>600 - 750 mg</b>     |
| <b>Folic Acid</b>    | <b>400 - 800 mcg</b>      | <b>Potassium</b>        | <b>1,600 – 2,000 mg</b> |
| <b>Niacin</b>        | <b>50 mg</b>              | <b>Sodium</b>           | <b>to taste</b>         |
| <b>Riboflavin</b>    | <b>50 mg</b>              | <b>Chromium</b>         | <b>50 - 200 mcg</b>     |
| <b>Thiamine</b>      | <b>50 mg</b>              | <b>Copper</b>           | <b>3 mg</b>             |
| <b>Vitamin B6</b>    | <b>50 mg</b>              | <b>Manganese</b>        | <b>2 mg</b>             |
| <b>Vitamin B12</b>   | <b>50 mg</b>              | <b>Molybdenum</b>       | <b>30 mcg</b>           |
| <b>Biotin</b>        | <b>200 - 350 mcg</b>      | <b>Selenium</b>         | <b>200 mcg</b>          |
| <b>Zinc</b>          | <b>30 mg</b>              |                         |                         |

**Take iron supplement separately. Do not take with calcium, either dairy, or in other supplements. Do take with Vitamin C, as it doubles the iron absorption.**

**Warning: You will not find a PERFECT VITAMIN!**

One nationally known nutritionist, Dr. Cherry, sells some vitamins that seem to be very good. His website is <http://www.abundantnutrition.com/index.htm>

I had a good pregnancy with Shaklee Vita-Lea, supplemented with extra Iron, Vitamin E, Vitamin B-complex, and Calcium Magnesium.

Some midwives recommend Perfect Prenatal vitamins by New Chapter.

Other people have had good pregnancies with Rainbow Light vitamins. Other recommended brands are Super Nutrition, Vita Natal, Baby and Me, and Michael's Prenatal Factors, Nature's Sunshine, Melaleuca.

Just remember that a vitamin/mineral supplement is just that – a supplement. The best supplements will come from foods, not chemicals. One way to know whether your supplements are from foods is if you have to take several (sometimes 4 to 6) of the supplements per day. This is because it's just hard to compress real food down. But chemicals are pretty small, so the supplements can be compressed, and you end up taking one supplement a day.

Your nutritional needs should mainly come from the whole foods that you eat. Choose carefully from whole grains and foods that come as unprocessed as you can get them. Get organic meat or meat that you know has been range fed. Also buy eggs from free-range chickens, and get milk that has been as unprocessed as possible.

This is what this lifestyle means for me. I buy farm eggs from Martha Aranda. I use ground turkey instead of ground beef. I buy wheat berries and grind them at home for my whole wheat flour. I buy only truly whole wheat bread and whole grain cereals. I drink goat milk straight from the goats. I buy organic fruits and vegetables when I can. I eat honey instead of sugar. I drink purified water. I get plenty of rest and live a simple life. I don't eat highly processed foods often such as TV dinners, Hamburger Helper, Macaroni and Cheese, Velveeta, etc. I drink herbal teas. I've given up coffee. I drink a soft drink maybe twice a month. I eat out maybe twice a week, but I keep it to a minimum. All this takes time and commitment. But I rarely go to see a doctor, and I enjoy health and life.