

SUPPLEMENT GUIDE

DISCLAIMER

Supplement needs are often personalized and nuanced. The recommendations in this guide are general information only and should not be taken as medical advice. If you are taking prescription medications or have any health concerns, please discuss all changes with your doctor or midwife.



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VITAMIN D

4,000-7,000 IU/DAILY

PROBIOTIC

SHOULD CONTAIN THE FOLLOWING STRAINS:

LACTOBACILLIUS

BIFFIDOBACTERIA

OMEGA-3 (DHA)

300 MG/DAILY

MAGNESIUM

200-300 MG DAILY

FORM : MAGNESIUM GLYCINATE



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PRENATAL VITAMIN

A high quality prenatal should be taken throughout pregnancy and breastfeeding. Not all prenatals are created equal, and many contain DV (Daily Value) recommendations that are based on an average woman, not a pregnant woman. Be sure your prenatal contains these 4 things:

- ➔ A 1:1 ratio of selenium to iodine (and that BOTH are present)
 - ➔ Folate (NOT folic acid)
- ➔ Key nutrients like Vitamin D, Choline, and Magnesium

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PRENATAL VITAMIN

One thing to keep in mind is that these activated + bioavailable forms of vitamins are often more expensive and bulkier. That means you might be taking 6-8 pills a day! If you can tolerate it, it truly is worth it. This pre-conception + early pregnancy time is so crucial for both mama and baby's health, and proper nutrient stores can make all the difference in the world.

Full Well Prenatal. (not sponsored) It meets all criteria listed above.

Seeking Health Optimal Prenatal (not sponsored)- also comes in a powder form if you struggle to swallow pills.