

PRENATAL VITAMINS WITH DHA

Brand	Per Form	DHA (mg)	Folic acid (mg)	Vit. A (IU)	Vit. B ₁ (mg)	Vit. B ₂ (mg)	Vit. B ₃ (mg)	Vit. B ₆ (mg)	Vit. B ₁₂ (mcg)	Vit. C (mg)	Vit. D (IU)	Vit. E (IU)	Biotin (mcg)	Ca (mg)	Fe (mg)	Cu (mg)	I (mcg)	Mg (mg)	Zn (mg)
CitraNatal 90 DHA	tab ⁶		1		3	3.4	20	20		120	400	30		159	90	2	150		25
	softgel	300																	
CitraNatal Assure	tab ⁶		1		3	3.4	20	25		120	400	30		124	35	2	150		25
	softgel	300																	
CitraNatal Harmony	softgel ⁶	260	1					25			400	30		104	27				
Duet DHA Balanced	tab ^{7,8}		1	2800	1.5	2	20	50	12	120	640	15mg		215	25	1.8	210	25	25
	softgel ¹	267																	
Expecta	tab ^{3,8}		0.8	4000	1.7	2	20	2.5	8	60	600	30	300	300	28	2	150	50	15
	softgel	200																	
Natelle One	gel cap ^{5,11}	250	1					25		30		30		102	28				
Neevo DHA	cap ^{2,7,11,13}	581.92	1.13		1.4	1.4	18	25	1000	85	5mcg	15mg		110	27		220	60	
Nexa Plus	gel cap ^{6,11}	350	1.25					25		28	800	30	250	160	29				
PreferaOB One	softgel ^{3,9,11}	200	1				17	50	12	25	400	10	30		28		175		15
Prena1 Pearl	softgel ^{3,11}	200	1.4		1.7	2	20	25	8	30	400	30	300		30		150		7.5
Prena1 True	tab ³		1.4		3	3.4	20	25	12	60	600	30	300	150	30	2	150		15
	softgel	300																	
Prenate DHA	softgel ^{4,11}	300	1.7					26	25	90	10mcg	18mg		155	18				50
Prenate Enhance	softgel ^{4,11}	400	1.7					25	12	85	25mcg	4.5mg	500	155	28		150		50
Prenate Essential	softgel ^{4,5,11}	300	1.7					26	13	90	5.5mcg	4.5mg	280	155	18		150		50
Prenate Mini	softgel ^{4,10,11}	350	1.7					26	13	60	25mcg	4.5mg	280	80	18		150		25
Prenate Pixie	softgel ^{4,10,11}	200	1.7					5	13	30	12.5mcg	4.5mg	75		10		150		
Prenate Restore	softgel ^{4,11,12}	400	1.7					25	12	85	25mcg	4.5mg	500	156	27				45
Stuart One	cap	200	0.8	1100	1.6	1.8	10	2.5	12	6	1000	10			27	2	150		10
Vitafof-OB + DHA	caplet		1	2700	1.6	1.8	18	2.5	12	70	400	30		100	65	2		25	25
	gel cap	250																	
Vitafof-One	softgel ¹¹	200	1	1100	1.6	1.8	15	2.5	12	30	1000	20			29	2	150	20	25
Vitafof Ultra	softgel ^{2,11}	200	1	1100	1.6	1.8	15	2.5	12	30	1000	20			29	2	150	20	25

NOTES

Key: Ca = calcium; Cu = copper; Fe = iron; I = iodine; Mg = magnesium; Zn = zinc

¹ Omega-3 fatty acids 267mg (as DHA, EPA, ALA, DPA)

² Folic acid is expressed as L methylfolate calcium (Metafolin)

³ Also contains Vitamin B5 (pantothenic acid) 10mg

⁴ Folic acid is expressed as (6S)-N5-methyltetrahydrofolic acid calcium salt (equivalent to 600 mcg of folic acid) and folic acid USP 400 mcg

⁵ Also contains eicosapentaenoic acid (EPA)

⁶ Also contains docusate

⁷ Also contains selenium

⁸ Also contains choline

⁹ Contains iron as polysaccharide iron complex + heme iron polypeptide

¹⁰ Also contains blueberry extract

¹¹ Also contains soy, gelatin

¹² Also contains Bacillus coagulans 150 Million CFU (as Lactospore)

¹³ DHA is from proprietary blend of algal oil (vegetable source of Omega 3, 6 and 9)

Not an inclusive list of medications. Please see drug monograph at www.eMPR.com and/or contact company for full drug labeling.

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