

PRENATAL VITAMINS WITHOUT DHA

Brand	Per Form	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 B-Calm	tab	1					25		120	400			120	20				
	tab						25											
CitraNatal Bloom	tab ¹	1						12	120					90				
NataChew	tab	1	2700	2	3	20	10	12	120	400	20			28				
Prena1 Chew	tab ²	1.4			1.7		2	8		400								
Prenate Chewable	tab ^{3,5}	1.7					10	125		7.5mcg		280	500				50	
Prenate Elite	tab ³	1.7	780mcg	3	3.5	21	21	13	75	15mcg	18mg	330	155	20	1.5	150	25	15
VitafoI-OB	caplet	1	2700	1.6	1.8	18	2.5	12	70	400	30		100	65	2		25	25
VitafoI Strips	strip	1					2.5	12		1000								

NOTES

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

¹ Also contains docusate sodium 50mg

² Folic acid is expressed as FOLMAX immediate and modified release

³ Folic acid is expressed as 1.1 mg Quatrefolic (as (6S)-5-methyltetrahydrofolate salt equivalent to 600mcg of folic acid and folic acid, USP 400mcg)

⁴ Folic acid is expressed as folic acid 400mcg + L-methylfolate 600mcg

⁵ Also contains blueberry extract 25mg and boron amino acid chelate 250mcg

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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