

Prenatal Vitamins with DHA																			
Brand	Per Form	DHA (mg)	Folic acid (mg)	Vit. A (IU)	Vit. B1 (mg)	Vit. B2 (mg)	Vit. B3 (mg)	Vit. B6 (mg)	Vit. B12 (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 <sup>6</sup>		1		3	3.4	20	20		120	400	30		159	90	2	150		25
	softgel	300																	
CitraNatal Assure	tab <sup>6</sup>		1		3	3.4	20	25		120	400	30		124	35	2	150		25
	softgel	300																	
CitraNatal Harmony	softgel <sup>6</sup>	260	1					25			400	30		104	27				
Duet DHA Balanced	tab <sup>7,8</sup>		1	2800	1.5	2	20	50	12	120	640	15mg		215	25	1.8	210	25	25
	softgel <sup>1</sup>	267																	
Expecta	tab <sup>3,8</sup>		0.8	4000	1.7	2	20	2.5	8	60	600	30	300	300	28	2	150	50	15
	softgel	200																	
Neevo DHA	cap <sup>2,7,11</sup>	581.92	1.13		1.4	1.4	18	25	1000	85	5mcg	15mg		110	27		220	60	
Nexa Plus	gel cap <sup>6,11</sup>	350	1.25					25		28	800	30	250	160	29				
PreferaOB One	softgel <sup>3,9,11</sup>	200	1				17	50	12	25	400	10	30		28		175		15
Prena1 Pearl	softgel <sup>3,11</sup>	200	1.4		1.7	2	20	25	8	30	400	30	300		30		150		7.5
Prena1 True	tab <sup>3</sup>		1.4		3	3.4	20	25	12	60	600	30	300	150	30	2	150		15
	softgel	300																	
Prenate DHA	softgel <sup>4,11</sup>	300	1.7					26	25	90	10mcg	18mg		155	18				50
Prenate Enhance	softgel <sup>4,11</sup>	400	1.7					25	12	85	25mcg	4.5mg	500	155	28		150		50
Prenate Essential	softgel <sup>4,5,11</sup>	300	1.7					26	13	90	5.5mcg	4.5mg	280	155	18		150		50
Prenate Mini	softgel <sup>4,10,11</sup>	350	1.7					26	13	60	25mcg	4.5mg	280	80	18		150		25
Prenate Pixie	softgel <sup>4,10,11</sup>	200	1.7					5	13	30	12.5mcg	4.5mg	75		10		150		
Prenate Restore	softgel <sup>4,11,12</sup>	400	1.7					25	12	85	25mcg	4.5mg	500	156	27				45
Vitafof Fe+	softgel <sup>11,13</sup>	200	1.7	330mcg	1.6	1.8	15	2.5	25	60	25mcg	9mg			90	2	150	20	25
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 <sup>11</sup>	200	1.7	330mcg	1.6	1.8	15	2.5	12	30	25mcg	9mg			29	2	150	20	25
Vitafof Ultra	softgel <sup>11,13</sup>	200	1.7	330mcg	1.6	1.8	15	2.5	12	30	25mcg	9mg			29	2	150	20	25
NOTES																			
Key: Ca = calcium; Cu = copper; DHA = docosahexaenoic acid; Fe = iron; I = iodine; Mg = magnesium; Zn = zinc																			
<sup>1</sup> Omega-3 fatty acids 267mg (as DHA, EPA, ALA, DPA)																			
<sup>2</sup> Folic acid is expressed as L methylfolate calcium (Metafolin)																			
<sup>3</sup> Also contains Vitamin B5 (pantothenic acid) 10mg																			
<sup>4</sup> Folic acid is expressed as (6S)-N5-methyltetrahydrofolic acid calcium salt (equivalent to 600mcg of folic acid) and folic acid USP 400mcg																			
<sup>5</sup> Also contains eicosapentaenoic acid (EPA)																			
<sup>6</sup> Also contains docusate																			
<sup>7</sup> Also contains selenium																			
<sup>8</sup> Also contains choline																			
<sup>9</sup> Contains iron as polysaccharide iron complex + heme iron polypeptide																			
<sup>10</sup> Also contains blueberry extract																			
<sup>11</sup> Also contains soy, gelatin																			
<sup>12</sup> Also contains Bacillus coagulans 150 Million CFU (as Lactospore)																			
<sup>13</sup> Folic acid is expressed as 680mcg DFE from folic acid and 1020mcg DFE from L-methylfolate calcium (Metafolin)																			
Not an inclusive list of medications. Please see drug monograph at <a href="http://www.eMPR.com">www.eMPR.com</a> and/or contact company for full drug labeling.																			
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