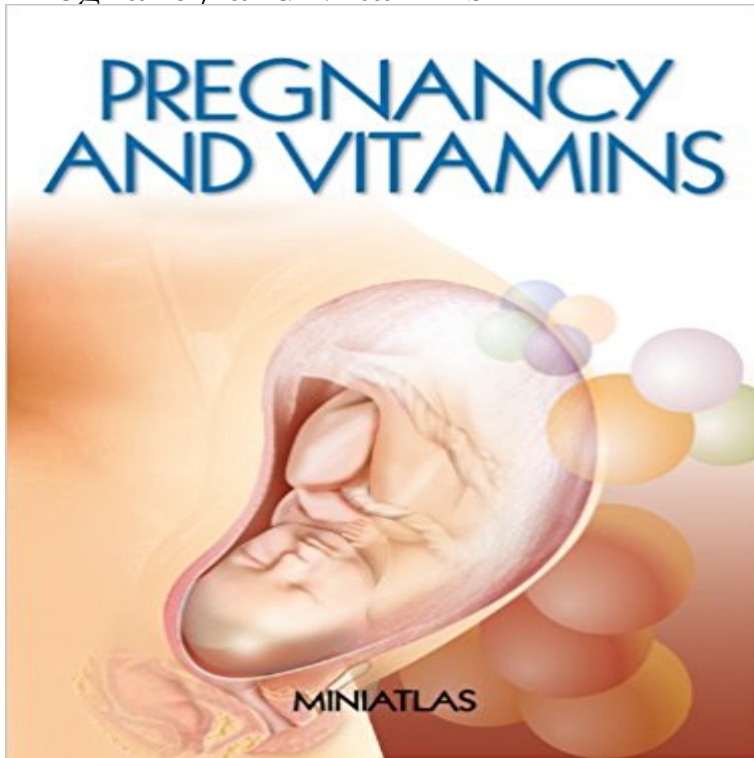


# Pregnancy and Vitamins



The period of intrauterine growth and development is one of the most vulnerable in the life cycle of human beings. At this stage, nutrition has a vital role, not only in gestation but also in the health of the pregnant woman. Nutritional deficiency during pregnancy may be due to loss or malabsorption of food as a result of a disease, or secondary to inadequate intakes, lack of knowledge on adequate prenatal nutrition, or dietary taboos associated with pregnancy, with potential adverse consequences both for the mother and the fetus. Supplementation with micronutrients in the prenatal stage might reduce maternal morbidity and mortality, either by a direct effect on the treatment of a pregnancy-related disease, or, indirectly, by reducing the risk of complications during labor; at the same time, it can have a protective effect on the fetus. A woman's nutritional health should be assessed preconceptionally for the purpose of optimizing maternal, fetal and infant health; also, this will allow making any dietary changes before conception, with appropriate adjustments later on, based on the needs of pregnancy and breastfeeding.

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**are a waste of money - BBC News** **Choosing the Best Prenatal Vitamin What to Expect** Feb 26, 2017 Prenatal vitamins consist of a variety of vitamins and minerals that help your baby get the nutrients that are essential for healthy development. During pregnancy, a womans daily intake requirements for certain nutrients, such as folic acid (folate), calcium, and iron will increase. **Prenatal vitamins: Why they matter, how to choose - Mayo Clinic** Jul 12, 2016 For decades, pregnant women have been advised to take prenatal vitamins in order to ensure that they get the nutrients the fetus needs for a **Vitamin C in your pregnancy diet BabyCenter** **What are the Best Prenatal Vitamins for You? - Mama Natural** Women need more vitamins during pregnancy them and their unborn children. Here are the most important prenatal vitamins and how to get them. **Pregnancy and prenatal vitamins - WebMD** Taking a prenatal vitamin is even more important for women with dietary restrictions, health issues, or pregnancy complications. This includes women who: **Pregnancy and prenatal vitamins - WebMD** Jul 11, 2016 A customer shopping for multivitamins. An unknown number of women take supplements during their pregnancy. Photograph: Steve **Do Prenatal Vitamins Do More Harm Than Good? - Pregnancy** Jul 12, 2016 Taking multivitamins during pregnancy is a waste of money because most mothers-to-be do not need them, and they have little benefit, **Multivitamins for Pregnancy: Which Vitamins Are Best?** Information on pregnancy vitamins & supplements. Elevit with Iodine is a once-daily vitamin and mineral supplement designed to support your body during **All About Prenatal Vitamins Your Questions - Fit Pregnancy** During pregnancy, it is important to get the proper nutrients. However, vitamin overdose can occur when you take more than the recommended daily amount. **Pregnancy Vitamins UKs No.1 Pregnancy Supplement Pregnacare** Q: When should I begin taking a prenatal vitamin? A: The three most important nutrients, based on very good research, are folic acid, iron and calcium, says Kukreja. Q: Are all prenatal vitamins pretty much the same? **Vitamin Overdose and Pregnancy - American Pregnancy Association** Jan 21, 2016 Taking a daily prenatal vitamin is essential to support a healthy pregnancy. These 15 top rated brands are excellent options for both mom and **Should I take multivitamins during pregnancy? Life and style** **The** Find out about nutrition in pregnancy, including vitamins and minerals such as folic acid and vitamin D, taking supplements, and eating well if you are vegetarian **Prenatal Vitamins & Pregnancy Supplements GNC -** Jul 18, 2016 Some brands of multivitamins claim to provide mothers-to-be with the maximum nutritional support needed for a baby, but at high prices. **Prenatal Vitamins from A to Z Fit Pregnancy and Baby** Learn why you need vitamin C when youre pregnant, how much vitamin C you need in your pregnancy diet, food sources, and when you need a supplement. **Vitamins and nutrition when pregnant - Pregnancy and baby guide** Oct 5, 2016 Its also a good idea during pregnancy to take a prenatal vitamin to help cover any nutritional gaps in the mothers diet. Prenatal vitamins contain many vitamins and minerals. Their folic acid, iron, iodine, and calcium are especially important. **Vitamin D in your pregnancy diet BabyCenter** Shop the Pregnancy Vitamins And Supplements range online at Superdrug. Find the latest offers and read Pregnancy Vitamins And Supplements reviews.

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