

# A healthy lifestyle during pregnancy

## Suitable supplements for pregnant women

| Supplements   | Nutrients provided   | Suitable for  | Availability   |
|---|--|---|--|
| <b>Healthy Start vitamins for women</b>   | 400µg folic acid<br>10µg vitamin D<br>70mg vitamin C   | All pregnant women<br>Free to those eligible for Healthy Start benefits   | Limited to those CCGs where staff distribute it<br>Not available in retail outlets |
| <b>Folic acid only</b><br>several brands available  | 400µg folic acid   | All pregnant women  | Widely available in retail pharmacies, supermarkets and online                     |
| <b>Vitamin D only</b><br>several brands available   | 10-25µg vitamin D depending on the brand   | All pregnant women  | Widely available in retail pharmacies, supermarkets and online                     |
| <b>Multi-vitamins and minerals suitable for pregnancy</b><br>several brands available                   | 10µg vitamin D<br>B vitamins including 400µg folic acid and vitamin B <sub>12</sub><br>Vitamins C, E and K<br>Carotenoid forms of vitamin A<br>Iron, iodine, zinc, selenium, magnesium and copper<br>Some contain omega 3 fats | Vegetarians<br>Pregnant women who eat little or no fish or dairy products<br>Women and adolescents who do not eat a balanced diet | Widely available in retail pharmacies, supermarkets and online                     |
| <b>Multi-vitamins and minerals including calcium suitable for pregnancy</b><br>several brands available | 10µg vitamin D<br>B vitamins including 400µg folic acid and Vitamin B <sub>12</sub><br>Vitamins C, E & K<br>Carotenoid forms of vitamin A<br>Calcium<br>Iron, iodine, zinc, selenium, magnesium and copper<br>Omega 3 fats     | Vegan women<br>Pregnant women who eat little or no dairy products or calcium fortified soya milks and products                    | Widely available in retail pharmacies, supermarkets and online                     |

Only buy supplements from a reliable company with good quality control i.e. brands on sale in pharmacies



**10µg**  
of vitamin D is recommended per day



**400µg**  
of folic acid is recommended per day until the 12th week of pregnancy



Some women will be prescribed **5mg** folic acid per day instead of 400µg