

Take Folic Acid and Vitamin Supplements

Eating a healthy diet is the best way to ensure that you are getting the right nutrition during pregnancy. However, there are some vitamins and minerals that it can be difficult to get enough of from food alone.

- All women who are pregnant or trying to conceive should take a daily folic acid supplement of 400mg until the end of the first trimester. It can prevent birth defects such as spina bifida. We may recommend a higher dose if you are at high risk.
- You should also take a vitamin D supplement. All adults in the UK would benefit from taking 10mg of vitamin D a day, but it is particularly important when you are pregnant or breastfeeding. It helps keep bones and muscles healthy.
- Some women need an iron supplement during pregnancy. If you are feeling very tired or your blood test shows you are anaemic, we'll recommend a supplement.
- If you are vegetarian, vegan, or on a restricted diet it could also be a good idea to take a B12 supplement.

Other vitamins and minerals are also important for you and your baby. You might want to take a prenatal multivitamin to ensure that you are getting everything you need. However, it is important not to take a supplement containing vitamin A. Too much vitamin A could be harmful for your baby. Make sure that you choose a supplement that is safe for pregnant women.

Harley Street
137 Harley Street
London
W1G 6BF

Call: 020 7725 0528

Cheshire Clinic
Festival Hall,
Talbot Road, Alderley Edge
SK9 7HR

Call: 01625 704080

Email:
admin@thebirthcompany.co.uk

www.thebirthcompany.co.uk