



Prenatal Supplement Information

The following should be taken everyday while trying to conceive, while pregnant, or while breastfeeding.

1. Prenatal vitamin: Please take a prenatal vitamin everyday. The prenatal vitamins from Wal Mart, Walgreen's, and HEB brand are okay to take.

2. Essential Fatty Acids

Do one of the following:

- A. Fish oil capsules that do not have mercury or other contaminants once a day.
- B. DHA supplements once a day.
- C. Silk soymilk with omega 3 DHA, only one serving a day.
- D. 1000 mg of flaxseed oil once a day.

3. Calcium: Take 1,500 mg a day. A good source is Tums Ex. It has 500 mg of calcium. Take this 3x/day.

****All breastfeeding mothers should take all the listed above plus Iron****

Iron: Dr. Kunda recommends any over the counter iron supplement along with vitamin C 250-500 mg twice a day on an empty stomach. Do not use orange juice as vitamin C supplement. The pulp in the orange juice will decrease iron absorption.