Take a Multivitamin When Pregnant

When you are pregnant, it is hard to get all the nutrients you need from the food you eat.

Eat a variety of foods and take a multivitamin daily.

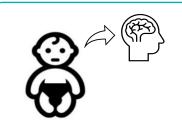


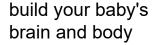


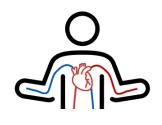
Multivitamins give you extra nutrition

This extra nutrition helps to:









build new blood



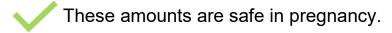
keep bones strong

Choose a multivitamin

Health Canada recommends taking a daily multivitamin with 16–20 mg iron and 0.4 mg folic acid (folate). Multivitamins with these exact amounts can be hard to find.

Look for these amounts when choosing a multivitamin:

- Iron between 16–27 mg
- Vitamin D at least 400 IU (10 mcg)
- Folic acid (Folate) between 0.4–1 mg (400–1000 mcg)





If you have questions about multivitamins in the store, talk to the pharmacist.



Some multivitamins may be missing a nutrient.

Most gummy multivitamins do not have enough iron.





To help you remember daily



Set an alarm.



Put the multivitamin bottle next to an item you use every day.



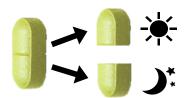
Use a pill box.

If your multivitamin makes you feel sick

Try any of the tips below to see what makes you feel better.



Take it with food.



Ask a pharmacist if your multivitamin can be cut in half.

Take ½ with breakfast, ½ with supper.



Take it before you go to sleep.

Ask your healthcare team

- How your health conditions may change your vitamin or mineral needs.
- About any other vitamins or minerals you want to take.
- Where to get free multivitamins.
- If you are unable to take a multivitamin.

To learn more



Visit: Ready or Not Alberta (readyornotalberta.ca/)



Visit: Healthy Parents Healthy Children (HealthyParentsHealthyChildren.ca)

If you have nutrition questions, call 811. Ask to talk to a dietitian. Visit ahs.ca/Nutrition.

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