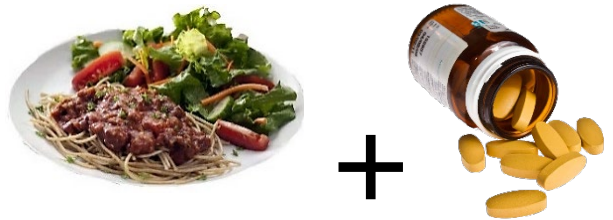


Take a Multivitamin When Pregnant

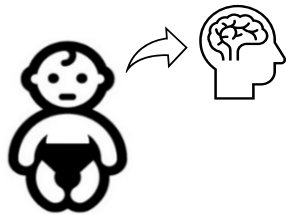
When you are pregnant, it is hard to get all the nutrients you need from the food you eat.

Eat a variety of foods and take a multivitamin daily.

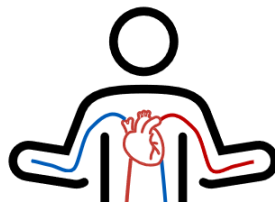


Multivitamins give you extra nutrition

This extra nutrition helps to:



build your baby's
brain and body



build new blood



keep bones strong

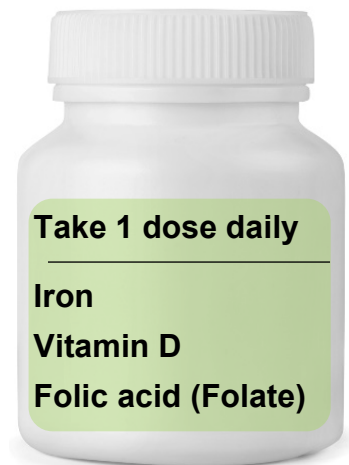
Choose a multivitamin

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)

✓ These amounts are safe in pregnancy.



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.**



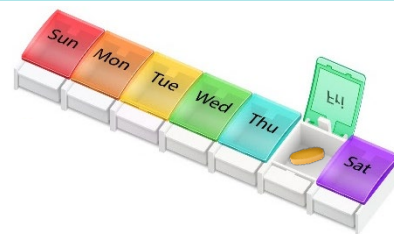
To help you remember daily



Set an alarm.



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



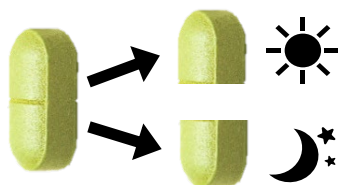
Use a pill box.

If your multivitamin makes you feel sick

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

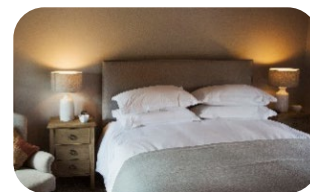


Take it with food.



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

Take $\frac{1}{2}$ with breakfast, $\frac{1}{2}$ 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.