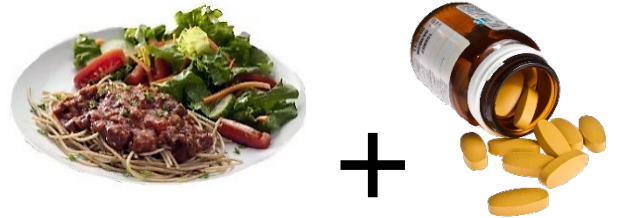


# Take a Multivitamin When Pregnant

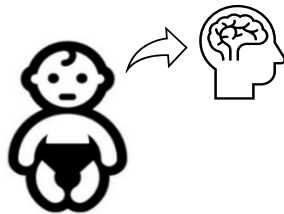
When you are pregnant, it is hard to get all the nutrients you need from the food you eat.

Eat a variety of foods and take a multivitamin daily.

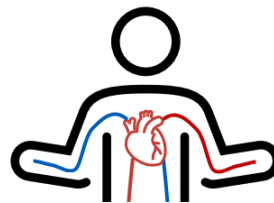


## Multivitamins give you extra nutrition

This extra nutrition helps to:



build your baby's  
brain and body



build new blood



keep bones strong

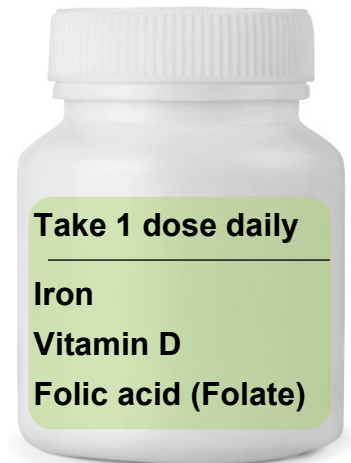
## Choose a multivitamin

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.**



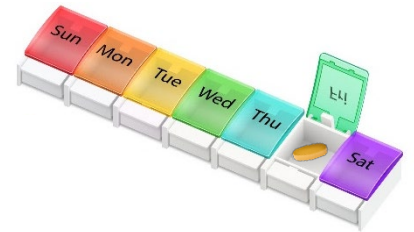
## To help you remember daily



Set an alarm.



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



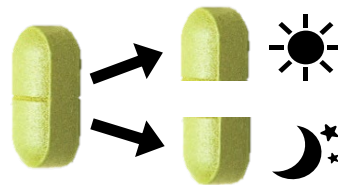
Use a pill box.

## If your multivitamin makes you feel sick

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

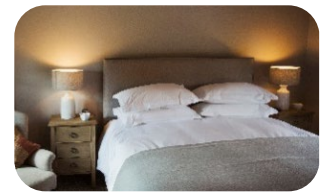


Take it with food.



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/](https://readyornotalberta.ca/))



Visit: **Healthy Parents Healthy Children**  
([HealthyParentsHealthyChildren.ca](https://HealthyParentsHealthyChildren.ca))

If you have nutrition questions, call 811.  
Ask to talk to a dietitian.  
Visit [ahs.ca/Nutrition](https://ahs.ca/Nutrition).