

# REAL FOOD *for* PREGNANCY

## LILY NICHOLS' RECOMMENDED PRENATAL VITAMINS

As a thank you for purchasing *Real Food for Pregnancy*, here is Lily Nichols' hand-picked list of prenatal vitamins after extensive review of available options.

**Remember that a prenatal vitamin is not a replacement for a real food diet, but more of an “insurance policy” to help meet your nutrient needs.**

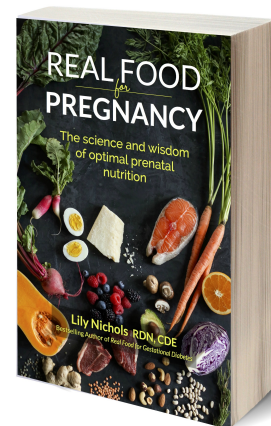
Also, keep in mind that you may require additional supplementation beyond a prenatal vitamin, depending on your diet and health history (such as iron status, sun exposure, vegetarian/vegan diet, food preferences/allergies, and more).

For a full explanation on considerations for supplementation—and the rationale for the choices in this document—see Chapter 6 of *Real Food for Pregnancy*.

**\*\*\*DISCLAIMER:** *The information provided in this document is not intended as medical advice. Always consult your qualified healthcare professional before changing your supplements or diet. Lily Nichols assumes no liability for the use or misuse of any information found within this document. Lily is legally not able to provide personalized supplementation or nutrition advice outside of a formal client-dietitian relationship. If you have questions about supplements, including those listed in this document and NOT listed in this document, please defer to your healthcare provider. \*\*\**

**If you don't already own a copy of *Real Food for Pregnancy*, visit [lilynicholsrdn.com/books](http://lilynicholsrdn.com/books).**

**Available in paperback, ebook, and audiobook.**



# Most Comprehensive Formulas

## Full Well

### PROS

- Exceeds most other prenatal vitamins on the market in terms of nutrients included, bioavailable/bioactive forms, and dosing based on more current research
- Contains an evidence-based dose of 4,000 IU vitamin D (potentially eliminating the need for an additional vitamin D supplement; see Ch 6 and 9 of Real Food for Pregnancy)
- Extensive testing for heavy metal contamination and potency on *every single batch* (rare in the industry)

### CONS

- 8 capsules per day
- If you're low in iron, this formula contains no iron

Buy here: <https://bit.ly/FullWellPNV> Code **LILY10** saves on your first order.

## Seeking Health 'Optimal Prenatal'

### PROS

- Exceeds most other prenatal vitamins on the market in terms of nutrients included, bioavailable/bioactive forms, and dosing based on more current research
- Contains an evidence-based dose of 4,000 IU vitamin D (potentially eliminating the need for an additional vitamin D supplement; see Ch 6 and 9 of Real Food for Pregnancy)
- Extensive testing for heavy metal contamination and potency on *every single batch* (rare in the industry)
- Methyl-free version available for the rare individual who gets adverse symptoms (such as anxiety) from too many methylated B-vitamins ('Optimal Prenatal Methyl Free')

### CONS

- 8 capsules per day
- If you're low in iron, this formula contains no iron

Buy here: <http://bit.ly/SHPNV> Code **LILY10** saves on your order. One use per customer.

\*\*\* If experiencing first trimester nausea /aversions /gagging or are otherwise averse to taking capsules, consider Seeking Health's 'Optimal Prenatal Powder' (a protein shake that doubles as your prenatal) or Chewable (remarkably good taste). See links below.\*\*\*

# Fewer Capsules

## Seeking Health 'Prenatal Essentials'

### PROS

- 2 capsules per day
- Metabolically active forms of folate, B12, and other nutrients
- Most micronutrient needs are met, including sufficient iodine
- Extensive testing for heavy metal contamination and potency on *every single batch* (rare in the industry)
- Methyl-free version available for the rare individual who gets adverse symptoms (such as anxiety) from too many methylated B-vitamins ('Prenatal Essentials Methyl Free)
- More cost effective than the comprehensive prenatal formulas

### CONS

- Contains no choline and lower levels of minerals; this is because these are "bulky" nutrients that take up a lot of space in the capsule

Buy here: <http://bit.ly/SHPNV>

## Thorne 'Basic Prenatal'

### PROS

- 3 capsules per day
- Includes iron (in a well-absorbed form); also a potential con

### CONS

- Contains no choline or vitamin K2; a bit low in iodine and selenium
- Iron is included in high quantities, which not every woman needs, particularly in early pregnancy. See Ch 6 and 9 of Real Food for Pregnancy and discuss with your healthcare provider when deciding whether or not to take a prenatal vitamin that includes iron.

Buy here: <http://bit.ly/ThornePNV>

# If Unable to Take Capsules

## Seeking Health Powder: 'Optimal Prenatal Powder'

### PROS

- Exceeds most other prenatal vitamins on the market in terms of nutrients included, bioavailable/bioactive forms, and dosing based on more current research
- Similar dosage of nutrients as Seeking Health's Optimal Prenatal vitamin capsules
- Extensive testing for heavy metal contamination and potency on *every single batch* (rare in the industry)
- Additional source of protein is helpful when managing nausea/aversions (15g/serving) + contains extra of specific amino acids to support fetal growth and maternal metabolism
- Low sugar

### CONS

- Vitamin D level is lower than their Optimal Prenatal, so additional supplementation may be needed
- More expensive than most prenatal options (15 servings per container)

Buy here: <http://bit.ly/SHprotein>

## Seeking Health Prenatal Essentials Chewable \*Chewable Tablet\*

### PROS

- Exceeds most other prenatal vitamins on the market in terms of nutrients included, bioavailable/bioactive forms, and dosing based on more current research
- Surprisingly good taste

### CONS

- If you're low in iron, this formula contains no iron
- Slightly lower concentrations of some nutrients compared to Seeking Health's capsules or protein prenatal vitamin. Still contains far higher concentrations of nutrients compared to other chewable/gummy prenatal vitamins on the market (and even many capsules!).

Buy here: <http://bit.ly/SHPNV>

## Smarty Pants 'Prenatal Complete' \*GUMMY\*

### PROS

- One of the few gummies that uses bioavailable forms of many nutrients, including methylfolate
- Contains a small amount of omega-3s

### CONS

- High in sugar
- Contains bare minimum quantities of vitamins (a necessity for a gummy vitamin to stay palatable)
- Relatively low in many nutrients, including vitamins B1, B2, zinc, and choline

\*\*\*I ONLY suggest this gummy if nausea/aversions prevent you from using one of the above options. Think of this as a **last resort** and switch to a more complete formula as soon as your symptoms allow.\*\*\*

Buy here: <http://bit.ly/GummyPNV>

## **Want recommendations for other supplements/nutrients and a place to buy supplements safely online?**

*This document is to specifically to provide guidance around prenatal vitamins, however if you need additional recommendations for reputable supplements to fill your other prenatal/postpartum nutrient needs (such as omega-3, vitamin D, collagen/gelatin, desiccated liver, probiotics, etc.), please see my recommendations/protocols on FullScript. A full discussion on the considerations and research surrounding supplementation can be found in Ch 6 of Real Food for Pregnancy.*

*For example, in people who do not eat much seafood, a separate DHA supplement is often necessary. DHA is best taken as a separate supplement rather than as part of a prenatal vitamin, since the vitamins and minerals in a prenatal can damage these delicate fats. Both FullWell and Seeking Health offer excellent quality DHA/fish oil supplements.*

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- Preferred pricing

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**<https://us.fullscript.com/welcome/lilynichols>**

**PS - Are you a practitioner? Create your own online supplement dispensary at FullScript: <https://bit.ly/LilyFSP> (practitioners only)**