



PRENATAL VITAMINS

If you are planning a pregnancy or if you're already pregnant, we recommend taking a prenatal vitamin daily. Over-the-counter prenatal vitamins are readily available at most pharmacies. A few recommendations are listed below:

- Over-the-counter store brand prenatal vitamin (ex. Target Prenatal Vitamin)
- One-A-Day Women's Complete Prenatal Vitamin (contains DHA – patient may specifically request vitamin with DHA)
- Rainbow Light Prenatal One
- Stuart Prenatal
- Nature Made Prenatal