

## RECOMMENDATIONS FOR MINERALS & FISH OIL (DHA)

Minerals & Vitamins	1 Tablet of Natures Made	Recommendation for SINGLETON	Recommendation for MULTIPLES
Vitamin D	200 IU	1000 IU	1000 IU
Calcium	333 mg	1000 mg	1500-2500 mg
Magnesium	113 mg	350 mg/day	400-800 mg/day
Zinc	5 mg	11-13 mg/day	15-30 mg/day
Iron		27 mg/day	30 mg/day
Folic Acid		0.4 mg/day (400 mcg)	0.4-1 mg/day

Fish Oil Provides	1 Soft Gel	Recommendation for SINGLETON	Recommendation for MULTIPLES
Nordic Naturals DHA	290 mg	250 DHA mg/day	300-500 mg/day
ChildLife Essentials PreNatal Dha - Lemon	580 mg (omega 3)		
<ul style="list-style-type: none"> <li>Parental vitamins that include DHA approximately have 200 – 300 at most.</li> </ul>			

### *Calcium – Blood Pressure (lowers risk of preeclampsia) & Heart Burn:*

The developing fetus needs calcium to build strong bones and teeth as well as grow a healthy heart, nerves, and muscles; and to develop a normal heart rhythm and blood-clotting abilities. Baby will take calcium from whenever of mom's storage to meet calcium needs. 1g of calcium per day had a 50% decreased risk of developing pre-eclampsia.

### *Magnesium – Lowers Risk of Preterm Labor & Increases Neuro Development in Fetus:*

Helps build and repair the body's tissues. A severe deficiency during pregnancy may lead to preeclampsia, poor fetal growth, and even infant mortality. Lowers risk of contracting prematurely. Magnesium also helps build strong bones and teeth, regulates insulin and blood sugar levels, and helps certain enzymes function properly. It may also be helpful in reducing leg cramps.

*Zinc – lowers risk of preterm labor and vital for development of fetal nervous system:*

Zinc is important for the production, repair, and functioning of DNA. This essential mineral also helps support immune function, maintain sense of taste and smell, and heal wounds. It lowers risk of miscarriage, toxemia, low birth weight, and other problems during pregnancy, labor, and delivery.

*Fish Oil, OMEGA 3 (DHA) – Vitamin C, Vitamin E, Lowers risk for Preeclampsia:*

Essential Fatty Acids (Omega 3 and 6) are essential to human growth and development. DHA and EPA are found primarily in fish and fish oil and ALA is found mostly in seeds like flaxseed and vegetable oils such as flaxseed, canola and soybean and in some leafy green vegetables. DHA is vital to the development of the fetal brain, nervous system and eyes. The benefits to the mother may include a reduction in the chance to develop pre-eclampsia, a reduction in the risk of post-partum depression and prolong gestation thereby decreasing the risk of pre-term labor, a key concern for women carrying multiple fetuses.