Are You Taking Your Prenatal Supplements?

Prenatal supplements provide extra vitamins and minerals for a healthy pregnancy.

Folic acid is recommended if you are planning a pregnancy or could become pregnant.

Speak to your healthcare provider to learn more about other supplements you need before, during, and after pregnancy.

Make sure your prenatal supplements contain the following:

Vitamin D: 10mcg / 400IU
Helps build strong bones in your baby; important if you do not eat foods that contain vitamin D daily.

Folic Acid: 400mcg
Helps prevent spinal cord problems in your baby.

Iron: 16-20mg
Helps carry oxygen to your baby's brain to help it grow.

If you have nausea or trouble taking your supplements, here are some tips:

- Try taking your supplements before bed.
- Try cutting tablets in half - take half in the morning and half at night.
- Try taking them with a snack.
- Drink plenty of water throughout the day.
- Talk to your healthcare provider.

DID YOU KNOW?

Non-Insured Health Benefits (NIHB) and some pharmacies cover the cost of prenatal supplements even before pregnancy.

ASK YOUR DOCTOR OR PHARMACIST FOR MORE DETAILS.

https://food-guide.canada.ca/en/tips-for-healthy-eating/pregnant-breastfeeding/

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The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, and the homeland of the Métis. The Saskatchewan Prevention Institute is dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people.