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2. Prenatal Multivitamins

Prenatal multivitamins

Generic name: [prenatal multivitamins](#) [*PRE-nay-tal-VYE-ta-mins*]

Brand names: Vynatal F.A., Zenate, Materna, Pramilet FA, Stuartnatal Plus, ... [show all 519 brands](#)

Dosage forms: oral capsule (Prenatal Multivitamins with Folate 1700 mcg DFE; Prenatal Multivitamins with Folate 300 mcg DFE; Prenatal Multivitamins with Folic Acid 0.8 mg; Prenatal Multivitamins with Folic Acid 1 mg; Prenatal Multivitamins with Folic Acid 1 mg and Docusate; Prenatal Multivitamins with Folic Acid 1.2 mg; Prenatal Multivitamins with Folic Acid 1.24 mg and Docusate; Prenatal Multivitamins with Folic Acid 1.25 mg; Prenatal Multivitamins with Folic Acid 1.25 mg and Docusate; Prenatal Multivitamins with Folic Acid 1.4 mg; Prenatal Multivitamins with Vitamin B Complex, Vitamin C and Minerals with L-Methylfolate), ... [show all 5 dosage forms](#)

Drug classes: [Iron products](#), [Vitamin and mineral combinations](#)



[Medically reviewed](#) by Drugs.com on Jan 31, 2025. Written by [Cerner Multum](#).

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What are prenatal multivitamins?

Prenatal multivitamins are a combination of different vitamins normally found in foods and other natural sources. Prenatal multivitamins may also contain other ingredients.

Prenatal multivitamins are used to provide the additional vitamins and minerals needed before, during, and after pregnancy.

There are many brand forms of prenatal multivitamins available. Not all brands are listed on this medication guide.

Prenatal multivitamins may also be used for purposes not listed in this medication guide.

Prenatal multivitamins side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives, difficult breathing, swelling of your face, lips, tongue, or throat.

Common side effects of prenatal multivitamins may include:

- stomach pain or upset, [constipation](#), nausea, vomiting, diarrhea;
- numbness, tingling, burning pain;
- swelling, rash, itching;
- changes in glucose levels;
- high blood cell counts;
- black or tarry stools;

- vision problems; or
- [headache](#), [drowsiness](#).

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Prenatal Multivitamins side effects](#) (more detail)

Related/similar drugs

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Warnings

Keep prenatal multivitamins out of the reach of children. **An accidental overdose can be fatal to a child younger than 6 years old.**

Before taking this medicine

You should not take prenatal multivitamins if you are allergic to it, or if you have:

- [cirrhosis](#) of the liver;
- [vitamin B12 deficiency](#) or [pernicious anemia](#);
- [iron overload](#) disorder ([hemochromatosis](#), [hemosiderosis](#));

- Willson's disease;
- [hemolytic anemia](#);
- [pyridoxine](#) responsive anemia; or
- if you are also taking [mineral oil](#).

Keep this medicine out of the reach of children. **An accidental overdose can be fatal to a child younger than 6 years old.**

Some vitamins and minerals can cause serious or life-threatening side effects if taken in large doses. **Do not take more of this medicine than directed on the label or prescribed by your doctor.**

Prenatal multivitamins containing omega-3 fatty acids may cause bruising or bleeding if you also take blood thinners. Ask your doctor about your individual risk.

Before taking prenatal vitamins, tell each of your doctor about all your medical conditions, allergies, and all medicines you use.

Tell your doctor if you are pregnant or breastfeeding.

How should I take prenatal multivitamins?

Follow all directions on your prescription label and read all medication guides or instruction sheets. Take the medicine exactly as directed.

Your dose needs may change if you switch to a different brand, strength, or form of prenatal multivitamins. **Avoid medication errors by using exactly as directed on the label, or as prescribed by your doctor.**

Store this medicine in the original container at room temperature away from moisture, heat, and light.

Prenatal multivitamins dosing information

Usual Adult Dose for Vitamin/Mineral Supplementation during Pregnancy/Lactation:

Prenatal vitamin oral kit: 1 tablet and 1 softgel capsule daily or as directed by physician.

Prenatal vitamin oral bar: 1 bar daily.

Prenatal vitamin oral capsule:

1 capsule orally daily.

Prenatal vitamin oral tablet:

1 tablet orally daily.

Prenatal Multivitamins with [Folic Acid](#) 0.5 mg oral tablet:

2 tablets orally daily or 1 tablet orally twice daily.

Prenatal Multivitamins with Folic Acid 0.5 mg and [Docusate](#) oral tablet:

2 tablets orally daily or 1 tablet orally twice daily.

Prenatal Multivitamins with Folic Acid 1.2 mg oral tablet:
1 or 2 tablets orally daily in divided doses.

 [Detailed Prenatal Multivitamins dosage information](#)

What happens if I miss a dose?

Take the medicine as soon as you can, but skip the missed dose if it is almost time for your next dose. **Do not** take two doses at one time.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222. **An accidental overdose can be fatal, especially in children younger than 6 years old.**

Overdose symptoms may include stomach pain, nausea, vomiting, diarrhea, tarry or black stools, increased thirst or urination, constipation, loss of appetite, vision problems, pale skin, feeling like you might pass out, weakness, drowsiness, [dehydration](#), seizure, vomiting blood, blue colored skin on your hands or feet, lack of energy, confusion, or irregular heartbeats.

What should I avoid while taking prenatal multivitamins?

Avoid taking an [antibiotic](#) medicine within 2 hours before or after you take prenatal multivitamins.

Avoid the regular use of potassium supplements or salt substitutes if your prenatal multivitamins contains potassium.

Avoid taking prenatal multivitamins with milk other dairy products, calcium supplements, or [antacids](#) that contain calcium.

What other drugs will affect prenatal multivitamins?

Other drugs may affect prenatal multivitamins, including prescription and over-the-counter medicines, vitamins, and [herbal products](#). Tell your doctor about all other medicines you use.

 [Prenatal Multivitamins drug interactions](#) (more detail)

Does Prenatal Multivitamins interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

Prenatal Multivitamins

+

Enter a drug name

Add

More about Prenatal Multivitamins (multivitamin, prenatal)

- [Check interactions](#)
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- [Dosage information](#)
- [Drug class: iron products](#)
- [En español](#)

Patient resources

Other brands

[Prenatal 19](#), [Vitafof Ultra](#), [M-Natal Plus](#), [Prenatabs FA](#), ... +26 more

Professional resources

Other brands

[Prenatal 19](#), [Vitafof Ultra](#), [Prenatal Plus](#), [Prenate](#), ... +36 more

Related treatment guides

- [Vitamin/Mineral Supplementation during Pregnancy/Lactation](#)

Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

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DRUG STATUS

Availability	
<div><div>Rx</div><div>OTC</div></div>	Rx and/or OTC
CSA Schedule*	
N/A	Not a controlled drug



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