

Picking the Perfect Prenatal: A Comprehensive Review of 75+ Brands of Prenatal Vitamins

needed.[®]

We've been there, **mama.**

Choosing the right prenatal vitamin can be overwhelming. It's no surprise that it's one of the top searches related to prenatal nutrition! Despite this, it's hard to find a trustworthy source of information.

A better resource was needed. That's why we, along with our scientific and medical advisory board, have compiled the most comprehensive set of prenatal vitamin reviews that we're aware of. Over the last year, we've reviewed over 75 of the leading prenatal vitamin brands. This guide provides a detailed summary of each option, including: pros, cons, and our overall takeaways.

These reviews are grounded in the latest clinical research and the in-practice insights of our team of perinatal nutrition experts who regularly test nutrient and hormone levels to know what women need in this life stage. We hope this guide will empower you to make an informed decision for you and your baby's optimal health.

Are you ready to find out how your prenatal stacks up? Read on to find out. And if you want to get to a simple conclusion, here are our top 3 picks for comprehensive prenatal vitamins:

1. Needed Prenatal Multi (Powder or Capsules)
2. Seeking Health Optimal Prenatal (Capsules Only)
3. Full Circle Prenatal

You'll notice that these 3 recommended brands have 8 capsules. While this may be tough for some to swallow, it is what is needed for a truly complete prenatal. If this is difficult for you, try Needed's powder version.

DISCLAIMER: Note that these prenatal reviews are for informational purposes only and are not intended to replace professional medical advice. The formulas of these vitamins may change after our reviews are published. While we will do our best to keep our reviews up to date, we cannot guarantee the accuracy of this information.

Understanding our Recommendations & What to Watch Out For

If you want to know more about our feedback on these three and why we recommend what we do, check out this detailed guide on [What To Look For In A Prenatal](#) and check out our key takeaways below.

In evaluating 75+ vitamins on the market, here are the most common areas of weakness and why they matter.

1. **They are “whole food” based vitamins:** Whole food based vitamins are unfortunately not as clean as they sound, and often result in undesirable levels of metals and nutrient forms that are not as well-absorbed as other forms. Learn more [here](#).
2. **They contain no Omega-3 at all or they bundle the Omega-3 with other vitamins and minerals:** Omega-3 bundled with other nutrients is prone to damaging oxidation when mixed with other nutrients, but it is critical to a healthy pregnancy and baby's brain development. Learn more [here](#).
3. **They contain too little or no Choline at all:** Choline is a [critical pregnancy](#) nutrient but many [prenatals fail to include it](#). We strongly believe it is essential and we are the only prenatal on the market to include the full recommended daily value of Choline. We only recommend prenatals that contain at least half of the recommended daily value.
4. **They contain synthetic Folic Acid:** Many mamas cannot absorb synthetic Folic Acid and too much can build up and be harmful to mama and baby. [Learn more about the difference between Folate and Folic Acid and why it matters here](#).
5. **They contain suboptimal levels of nutrients:** While many vitamins may show that they contain 100% of your daily value of a nutrient, the reality is, in many cases, [recommended daily values \(RDAs\) aren't enough to support optimal health for you and your baby](#).
6. **They contain poor nutrient forms:** Vitamins and minerals come in many different forms, and they aren't all created equal. Some are much more well-absorbed than others, but many companies include forms that are cheaper and less well-absorbed. Learn more [here](#).
7. **They include too much Iron or Iron bundled with other vitamins and minerals:** Iron can compete with other nutrients for absorption and too much can be detrimental to health, so we recommend only supplementing with Iron if needed. Learn more in our [comprehensive guide to iron in pregnancy and postpartum](#).

We hope you find this guide helpful. Because you deserve to thrive, mama. Not just survive.

Actif Organics

PROS

Contains some DHA and EPA, but the quality of the source is unknown.

CONS

No Vitamin D3 (D2 form is hard for many to use). It includes only Beta Carotene for Vitamin A. We don't love red raspberry and oat herbs at every stage of pregnancy. Omega-3 is so low. When you take probiotic supplements, it's really best to know strains, which this doesn't include.

OVERALL

Overall, there are better choices available.

Alive!® Premium Prenatal Gummies

PROS

We like that this includes a fruit and veggie blend, but otherwise it is hard to find much positive about this product.

CONS

Contains synthetic Folic Acid and Cyanocobalamin (B12). Huge amount of active Vitamin A-too high! Suboptimal nutrient forms of minerals and most vitamins, low doses of Choline and DHA.

OVERALL

We would not recommend this. If you are looking for an easy-to-take option, we'd recommend Smarty Pants gummies over this. Even better, try a powdered form like Needed's that's truly nutritionally complete.

Ancient Nutrition

PROS

Methylated B vitamins, decent amount of Iron, has good amounts of Vitamin K2.

CONS

Very low amounts of most nutrients and forms are not listed for many nutrients. Missing Choline & DHA.

OVERALL

This is not recommended. Not harmful, but not substantially helpful either.

Best Nest AM/PM

PROS

It includes the active form of Vitamin A, 300 mg of Choline (rare), and some methylfolate/folinic acid (would be good to know how much of each).

CONS

Dosages are very low on most nutrients, including the B vitamins, Vitamin D (1/10th of the recommended amount), Magnesium, Selenium, and Calcium. It is also missing key nutrients like Omega-3 and we don't recommend probiotics without a specific strain as they can be big differences by species.

OVERALL

Other brands such as Needed, Seeking Health, and Full Circle make prenatal vitamins that are much more complete.

Best Nest Wellness Mama Bird® Prenatal Multi+

PROS

Includes good forms of Vitamins A, D, B6, Folate, B12, Choline, as well as chelated minerals.

CONS

Most dosages are very low, especially for Choline (1/10th of the RDA), B12 (1/40th of optimal level), Vitamin D (1/10th optimal amount). Probiotics are very important during pregnancy, but look for specific strains (i.e., letters and numbers after the species), otherwise you may not be getting any targeted benefits. No Omega-3 included (not necessarily a con) - but make sure you supplement separately.

OVERALL

It's not harmful due to using good nutrient forms, but it is not substantially helpful either given suboptimal dosages.

BINTO's 3-in-1 Prenatal Starter Kit

PROS

We are glad to see the Omega-3 and Pre/Probiotic are separate from the vitamins and minerals. It's similar in concept to Needed's Complete Plan (minus the Collagen). The Prenatal Multi is minimal, but it does include some better nutrient forms like methylfolate and Iron bound to Glycine. We like that they include an Omega-3 with some EPA (most prenatal Omega-3s only include DHA).

CONS

Dosing for the majority of nutrients in the prenatal vitamin is too low (Vitamins B6, B12, and D among them). It's missing Choline, Vitamin C, and many key minerals. methylfolate dosing is higher than optimal. The 20 mg of Iron, while lower than some other prenats, may be too high for some women. We always recommend looking for specific strains when choosing a probiotic - theirs only lists species (Lactobacillus reuteri vs Needed's Lactobacillus reuteri HN001). Strains are what have been clinically studied for targeted benefits, not species. Omega-3 dosage is lower than optimal (look for at least 300mg of DHA and some EPA as well).

OVERALL

We like their bundle concept, but the individual products themselves are not ideal. You can add-on to their prenatal vitamin to get the vitamins and minerals this is missing (plus higher dosage of B6, B12, Vitamin D, the right form of Magnesium (Bisglycinate vs the Citrate they use). But, the Pre/Probiotic really isn't the best option.

Biotics Research Pre-Natal Packs™

PROS

More Choline than most (but ideally would be closer to 550mg). Good dosage of DHA+EPA. Folate in the form of calcium folinate can be absorbed by mamas with MTHFR gene (methylated folate is optimal though).

CONS

Low doses of Vitamin D, C, B6, B12, Calcium, Magnesium, Zinc. Iron may be too high for some mamas. We don't love to see NAC, Taurine, and Boron in a prenatal.

OVERALL

This covers some of the basics, but you'd be better off with Needed, Full Circle, or Seeking Health if you're looking for an optimal prenatal.

CVS brand

PROS

It is accessible and affordable but lacks significantly in nutrition.

CONS

It contains synthetic nutrient forms like cyanocobalamin (B12) and Folic Acid (synthetic form of folate), that many women have difficulty processing. Dosages are very low on most nutrients, including the B vitamins, C, D (1/10th the recommended amount), E, and Calcium. It's also missing key nutrients, like active Vitamin A, Magnesium, Selenium, Choline. We recommend taking Iron separately from your multi as it interferes with the absorption of other nutrients. We also recommend taking Omega3 (DHA + EPA) separate - this one does not have EPA.

OVERALL

This is not one we would recommend. Other brands such as Needed, Seeking Health and Full Circle make prenats that are much more complete.

Designs for Health Prenatal Pro™

PROS

Both forms of Vitamin A, lots of Vitamin C (great for Collagen and Immune health) methylated folate and Vitamin B12, best form of Iron, best form of Vitamin E (they are Vitamin E experts), great source of Iodine.

CONS

We'd like to see more Vitamin D, Vitamin B12, and Choline. No DHA and Vitamin K2.

OVERALL

This is a fine option, but there are more comprehensive practitioner-grade options available including Seeking Health, Full Circle, and Needed. Take DHA, extra Choline and Vitamin D, eat butter for K2 and animal protein for B12.

Deva Vegan Prenatal

PROS

It is suitable for those who follow a vegan diet.

CONS

It contains synthetic nutrient forms like Folic Acid (synthetic form of Folate) that many women have difficulty processing. It's also missing key nutrients like active Vitamin A and D3 which are more readily used by the body. Dosages are very low on most nutrients, including Choline, Magnesium, Selenium, and Calcium. We recommend taking Iron separately from your multi -- the Iron here is possibly more than you need, and it interferes with the absorption of other nutrients. We also recommend avoiding fillers like stearic acid and magnesium stearate.

OVERALL

This is not one we'd recommend. Other brands such as Needed, Seeking Health and Full Circle make prenatal vitamins that are much more complete.

Enfamom™

PROS

It includes active Vitamin A, the usable form of Folate and Omega-3.

CONS

The methylfolate here is too low and Omega-3 is best taken separately. It contains synthetic nutrient forms like cyanocobalamin (B12), that many women have difficulty processing. Dosages are very low on most nutrients, including Vitamin C, Vitamin D (1/10 the recommended amount), Magnesium, and Calcium. It's also missing key nutrients, like Choline and Selenium. We recommend taking Iron separately from your multi -- the Iron here is possibly more than you need, and it interferes with the absorption of other nutrients.

OVERALL

Other brands such as Needed, Seeking Health, and Full Circle make prenatal vitamins that are much more complete.

Forté Prenatal +

PROS

260 mg of Choline, very few prenatal go this high (even though we like to see at least double supplemented) and Methylfolate (though dose may be too high for many mamas because of impact on mood). A nice dose of Omega-3 EPA and DHA in their own capsules!

CONS

Missing active Vitamin A and Vitamin K2. Contains poor form of Iron, Vitamin B12, Magnesium. Dosed too low on most nutrients.

OVERALL

Overall, there are better choices available.

Full Circle Prenatal

PROS

Both forms of Vitamin A, methylated forms of Vitamin B12 and folate in optimal dosages, great doses of all minerals, more Choline than most prenatals, good dose of Vitamin D, nice dose of Vitamin C, great dose of Iodine, many more things.

CONS

Includes more Methylfolate than we'd recommend taking (too much can interfere with maternal mood, as can too little). Mamas with nausea may struggle with taking 8 pills a day, and need to supplement with extra B6.

OVERALL

This is an excellent prenatal, one of our top recommendations after Needed's. We would make sure to take DHA separately (we like that it's not included here as omegas can oxidize when mixed with vitamins and minerals). Some mamas will need to supplement with Iron as this is Iron-free. Make sure you're eating eggs and animal proteins to meet the full RDA for Choline and to boost B12.

Garden of Life, Dr. Formulated Multi + DHA

PROS

Contains DHA, although we recommend DHA be taken in a separate capsule, liquid, or powder from your prenatal.

CONS

It contains nutrient forms like Folic Acid (the synthetic form of Folate), that many women have difficulty processing. Dosages are very low on most nutrients, including the B vitamins, Vitamin C, and Vitamin D. It's also missing key minerals and nutrients, like active Vitamin A, Choline, Selenium, Magnesium, and Calcium. We recommend taking Iron and Omega-3 (DHA + EPA) separately from your multi. In addition, the Iron is possibly more than you need, and it can interfere with the absorption of other nutrients.

OVERALL

This is not one we'd recommend. Other brands such as Needed, Seeking Health and Full Circle make prenats that are much more complete.

GLOW by EU Natural

PROS

Great amount of Vit D (~4,000 IU), minerals bound to Glycine, methyl forms of Folate and B12, contains some Choline and DHA. Ginger can be helpful for nausea, and Inositol for egg health.

CONS

Mamas need higher doses of Vitamin B6, Folate, B12, Vit C, Choline, Iodine, Magnesium (1.3mg won't do anything for you!), and several others. This is missing Vitamin A, which is super critical, so make sure to eat a lot of animal foods like grass-fed butter and liver. Iron and DHA are included in this formula, but are best taken separately.

OVERALL

This checks the box on quality ingredients, but dosages are really really low for some key nutrients. Not uncommon with 2 pills/day!

Goop Wellness - The Mother Load

PROS

It includes the active form of Vitamin A, Choline, Lutein, Zeaxanthin, methylfolate, and has separate Omega-3.

CONS

Folate is dosed too high which can lead to mood imbalances. B12 could also be dosed too high for some. Other nutrients are dosed too low, including Choline, some of the B vitamins, Vitamin D ($\frac{1}{4}$ of the recommended amount), Calcium, and Vitamin C. The EPA in the Omega-3 is too low, and we recommend sourcing from algae rather than fish oil. We recommend taking Iron separately from your multi - the Iron here is possibly more than you need, and it interferes with the absorption of other nutrients. We also recommend avoiding fillers like stearic acid and magnesium stearate.

OVERALL

This one is a great start, but there is room for improvement. Other brands such as Needed and Seeking Health make prenatal vitamins that are much more complete.

Honest Company Prenatal Vitamin

PROS

Methyl forms of Folate and B12, but both are dosed too low (and missing the adeno form of B12 which is great for maternal energy). Good dosage of B6, but not an optimal form. They use some (but not all) mineral forms bound to Glycine. We like that they offer a separate Omega-3 (though it's mostly DHA, not enough EPA).

CONS

Missing the active form of Vitamin A. Choline is delivered in a "Prenatal Wellness Blend" so difficult to know if you are getting adequate amounts. Most nutrients are dosed very low like Vitamin D, Iodine, Magnesium, Vitamin C. Magnesium is better absorbed in Glycinate form. We really prefer to see Iron separately from other nutrients for better absorption and because needs vary.

OVERALL

This isn't harmful, but not substantially helpful either. Very common for a 1-2 pill a day prenatal.

Honest Company Prenatal DHA

PROS

Great to see this packaged as a separate pill from Honest Company's Prenatal. This ensures optimal absorption for mama. The dosage of DHA is great here (important for mama's brain health, a full term pregnancy and baby's brain and eye development).

CONS

The EPA dosage is low at only 22mg. Needed offers Omega-3 capsules and powder that provide 100-150mg of EPA to support mama's egg health, hormone balance, fertility, mood, and overall recovery. Omega-3 sourced directly from fish is not the most sustainable option and can often have heavy metals or microplastics. Look for an Omega-3 sourced from algae (where fish get their Omega-3 from).

OVERALL

This is a good start to ensure you're getting enough DHA for your baby, but we would prioritize an algae-sourced Omega-3 with higher EPA.

Innate Response - Baby & Me

PROS

Methylated B Vitamins, decent amount of Iodine and Iron, good Zinc:Copper ratio, good amount of Choline.

CONS

Only beta carotene (many don't utilize this form appropriately), low amounts of Vitamin D3, low Vitamin B6 and B12, no DHA.

OVERALL

This is a good option for those eating animal protein and seafood or supplementing with additional liver and DHA.

Isotonix® Prenatal Activated Multivitamin

PROS

It has the right form of methylfolate, but only about half of what you need. Too little can affect maternal mood and baby's development so make sure you're eating plenty of leafy greens. It has the methyl form of B12 too which is great, but we like to see higher dosages like 100mcg of methyl and 100mcg of adenosylcobalamin (the latter is great for mama's energy).

CONS

Missing Choline which is crucial for baby's neurodevelopment so be sure to supplement with it separately (you'd have to eat 4 or more eggs a day to meet your needs), and it's missing the active form of Vitamin A. You'll need separate Omega-3 too and maybe Iron depending on your blood levels. The minerals here are fine but the better forms are bound to glycine for optimal absorption. Could do with more Vitamin C for immune support and B6 too for nausea and mood.

OVERALL

Overall, not harmful due to solid nutrient forms but not substantially helpful either.

Dr. Jolene Brighten's Prenatal Plus

PROS

Methylfolate, good amount of Vitamin C, inositol for egg health, and some minerals are chelated.

CONS

Vitamin D3 and Choline dosed far lower than optimal, we prefer a different form of Magnesium. There's a heavy amount of methylfolate and methylcobalamin (B12) - this may be too much methyl for some women (with Needed's we dose methylfolate lower for this reason, and use a mix of methyl and adenosylcobalamin). Iron may be too high for some women. We avoid Boron in supplement form as we get enough naturally, and too much can be problematic.

OVERALL

We would switch to an option with lower methylfolate and Vitamin B12, and less iron as some mamas don't need it.

Klaire Labs Prenatal and Nursing Formula

PROS

Both forms of Vitamin A, a decent amount of Vitamin D3, has Vitamin K2 (though we wish it were higher), methylated B vitamins at higher doses, some (150 of 550mg needed) Choline in a good form, Iron in the best form. Good dose of Iodine, additional antioxidants.

CONS

This is intended for nursing too, so Vitamin B6 is not at a dose that would help with nausea. We'd like to see more calcium and iron dosed separately.

OVERALL

Great start with good nutrient forms, but still missing some key nutrients and optimal amounts. Be sure to take a good Omega-3 supplement separately and add or eat additional choline

Life Extension Prenatal Advantage

PROS

It includes 275mg of Choline (this is rare!), Methylfolate, DHA from algae, Lutein, and Zeaxanthin.

CONS

The Folate dose may be high for some, and too much can contribute to mood imbalances. Dosages are very low on most nutrients, including the B vitamins, Vitamin C, Vitamin D (¼ of the recommended amount) and Selenium. It is also missing key nutrients like active Vitamin A, Magnesium, and Calcium. We recommend taking Iron separately from your multi- the Iron here is possibly more than you need, and it interferes with the absorption of other nutrients. We also recommend taking Omega-3 separately (DHA + EPA), and it's missing EPA.

OVERALL

Other brands such as Needed, Seeking Health and Full Circle make prenats that are much more complete.

Major Prenatal

PROS

They are affordable and accessible but lacking in nutrient forms and doses.

CONS

It contains nutrient forms like cyanocobalamin (B12) and Folic Acid (synthetic form of Folate) that many women have difficulty processing. Dosages are very low on most nutrients, including the B vitamins, Vitamin D (1/10 of the recommended amount), and Calcium. We recommend taking Iron separately from your multi and the Iron here is possibly more than you need. It is also missing key nutrients like active Vitamin A, Choline, Magnesium, and Selenium. We also recommend avoiding fillers like stearic acid and magnesium stearate.

OVERALL

This is not one we'd recommend. Other brands such as Needed, Seeking Health, and Full Circle make prenats that are much more complete.

Mary Ruth's® Prenatal & Postnatal Liquid Multivitamin

PROS

Contains Choline, active B12, and we like that it excludes Iron as needs vary. Antioxidant blend is supportive when you're not able to get full serving of fruits & veggies that day. Liquid vitamins may be helpful to mamas who have trouble taking pills. The Folinic Acid form of Folate is nice for mamas who have trouble with methyl nutrients.

CONS

This Prenatal is lacking in appropriate dosages for most ingredients including B6 for nausea, Folate, B12, Vit C, Vit D, Choline, and more. Missing Active Vit A, and the best forms for Magnesium and some other key minerals. You'll need a separate DHA and EPA.

OVERALL

There are much better options for mamas who struggle to take pills. Seeking Health and Needed's powders, or even Smarty Pants' gummies are more complete.

MegaFood Baby & Me 2

PROS

300mg of Choline, add in Vitamin K2 (which helps put calcium where it needs to go), has a decent amount of Iodine, good Zinc:Copper ratio, Vitamin B12 and Folate in active forms, and high quality whole food ingredients

CONS

Vitamin A is only from beta carotene and a low amount (many don't convert appropriately to the usable form), need additional Vitamin D3, Calcium, and Magnesium

OVERALL

A good start but missing some optimal forms and doses of key prenatal nutrients.

Melaleuca Prenatal Pack™

PROS

They offer Omega-3 in a separate capsule (when it's in the same pill as minerals it can oxidize)

CONS

40-60% of mamas can't absorb Folic Acid. Look for a methylated Folate instead. Cyanocobalamin (B12) is a less active and bioavailable form that's attached to a cyanide molecule. No active form of Vitamin A. Very low doses of Vitamin C, B6, B12. WAY too much Boron, most mamas need no supplemental Boron.

OVERALL

Skip this one. Nutrient forms and dosages are just not very thoughtful (in some cases way too high, in others not nearly enough).

Metagenics PlusOne™ Daily Prenatal Packs

PROS

Both forms of Vitamin A, best form of Iron, DHA included (and separated from vitamins/minerals!), methylated B vitamins, higher levels of Vit C, extra antioxidants, and great amount of Choline.

CONS

800mcg of B12 is really high (especially in methyl form), too much Iron for some (30mg), no Calcium, many will need more Vit D. Omega is a fish oil form (not suitable for vegans/vegetarians). Many pills (7 total)!

OVERALL

Solid choice overall, but check your B12 and Iron levels to make sure they aren't too high.

Milkies Nursing Postnatal

PROS

Includes more Vit D than most (2,800IU)-but still not enough. Breastfeeding mamas need 4,000-6,000IUs to ensure that baby gets all they need.

CONS

Missing Active Vitamin A, form of B12 (cyanocobalamin) is a less active and bioavailable one. Decent mineral amounts (except Magnesium) but forms aren't all optimal. This is too much methylfolate for most postpartum mamas (too much can interfere with maternal mood). Missing DHA and Choline, both critical for a developing baby's brain.

OVERALL

Like many postnatal vitamins, this one is not very comprehensive. We would recommend switching to a more comprehensive vitamin like Needed, Seeking Health, or Full Circle - and adding in herbs FOR LACTATION only if you need them.

mixhers Herbaby

PROS

Comes in the form of a powder which may be easier for some than pills. Contains active Folate and a good amount of B12.

CONS

They don't disclose their nutrient forms so it's unclear if they are using better or worse forms (they claim to be "all natural" and "optimal", but do not back this up with any proof). It is missing Choline and Magnesium, and dosed very low on most nutrients (B6, Vitamin C, Vitamin D, Calcium, and all the trace minerals). They use more Iron than some women need, we recommend taking Iron only as needed and away from your multi as it interferes with Calcium absorption. Their dose of methylfolate is higher than optimal (too much may interfere with maternal mood).

OVERALL

There are far better prenatal options on the market. If you need something easy to take, Needed's Prenatal Multi Powder is a far more complete choice.

Movita Organics

PROS

May be more gentle on the stomach than some, but at the expense of poor nutrient forms and insufficient amounts.

CONS

Although they market it as a whole food vitamin, it includes the synthetic and poorly absorbed Folic Acid (versus methylfolate or naturally-occurring folate). Dosage levels of most nutrients are very, very low including B12 (3mcg is 1.5% of optimal), all of the trace minerals like Zinc, Selenium, Vitamin D, and more. It's also missing key nutrients like Choline, Calcium, and Magnesium. We recommend taking Iron and Probiotics separately from your multi. The amount of Iron is possibly more than you need, and it can interfere with the absorption of other nutrients. For probiotics, we recommend looking for letters and numbers after the species to indicate clinically validated strains that benefit the unique needs of pregnancy.

OVERALL

This is not a prenatal we would recommend. Our top alternative recommendations are Needed, Seeking Health, or Full Circle.

MyKind Organics Prenatal Gummies

PROS

Contains methyl form of B12 versus the less active and bioavailable cyanocobalamin, and Folate vs. Folic Acid. It's free of colorings and other additives.

CONS

Like most gummy vitamins, this has very minimal nutrition and 5 grams of sugar. Missing key nutrients like Choline, DHA, Calcium, and Iron, and dosages of the nutrients included are very low. B12 should be 50+x higher, and Folate, Vitamin D and Vitamin B6 are all too low

OVERALL

Skip this. If you need something easy to take, choose Needed or Seeking Health's powders. Or, Smarty Pants gummies are much more complete.

MyKind Organics Prenatal Pills

PROS

Contains methyl form of B12 versus the less active and bioavailable cyanocobalamin, and Folate vs Folic Acid. It's free of colorings and other additives.

CONS

Very minimal dosages of nearly every nutrient, including too little Folate, Vitamins B6, B12, C, D3. Missing key nutrients like Choline, DHA, K2, Active Vit A, Calcium, and Magnesium. Contains gums and other additives like Palm Oil. Iron form is not well absorbed.

OVERALL

We don't recommend "food based" prenats because of their propensity for heavy metals/toxins, and nutrient forms that aren't as well absorbed.

Natalist Prenatal for her

PROS

Great that they include Omega-3 in a bundle (we prefer Omega-3 separated out as there are questions around quality when it is manufactured with vitamins and minerals); nice to see methyl forms of Folate and B12.

CONS

Magnesium and Calcium dosages are low and we prefer different forms of these minerals. Choline, Vitamin C, and D3 dosages are also low but good forms. Includes more Iron than many mamas need and we prefer to separate it from other vitamins and minerals, but the form is gentle and well absorbed.

OVERALL

This is a thoughtful formula but still incomplete as more Choline, Magnesium, Vitamin D, and Vitamin C are needed. It also lacks Vitamin K2 to aid Calcium absorption." We also recommend including a high-quality Pre/Probiotic in your supplement routine.

Nature Made Prenatal Multi + DHA

PROS

Contains DHA

CONS

Undesirable and not well absorbed forms of nutrients like folic acid, cyanocobalamin (B12), calcium carbonate, ferrous fumarate (Iron). Very low dosages. Only contains beta carotene, no active Vitamin A.

OVERALL

Does not adequately support mama or fetal development. We do not recommend it.

Naturelo®

PROS

Food based ingredients, includes some DHA and Choline, and good forms of Folate, Vitamin C, D, and B12. Chelated minerals help with absorption.

CONS

Missing active Vitamin A, poor form of Iron, dosed too low on most nutrients including Vitamins B6, B12, C, D, Choline, DHA.

OVERALL

Overall, it could be a good choice if your diet is on point (eggs, animal proteins, liver, fish) to fill in gaps from low doses of key nutrients.

Nature's Truth®

PROS

Affordable and accessible

CONS

It contains nutrient forms like Folic Acid (synthetic form of folate) and Cyanocobalamin (B12) that are difficult to process. Dosages are very low for most nutrients including the B vitamins, C, and D (1/15th the recommended amount). It's missing critical nutrients like Choline, Selenium and Magnesium. We recommend taking Iron separately from your multi -- the Iron here is possibly more than you need, and it interferes with the absorption of other nutrients.

OVERALL

This is not one we'd recommend. Other brands such as Needed, Seeking Health, and Full Circle make prenatal vitamins that are much more complete.

NatureWise

PROS

This prenatal uses better nutrient forms than many.

CONS

Doses are far from optimal. Choline is included at 1/12 the recommended amount, Vitamin D at 1/4, B12 at 1/20. We like to see DHA+EPA and Iron separate from vitamins/minerals for best absorption. The probiotics used here are generic strains, not targeted ones for pregnancy. Also, fillers like magnesium stearate are best avoided.

OVERALL

We are confused by the labeling as a whole food vitamin. While we actually like the nutrient forms they use, like chelated minerals, methylfolate, methylcobalamin (B12)--these are not "whole food" nutrient forms. The only "whole food" ingredient is the organic fruits and vegetables at 100mg. Overall it is a decent start but there are other much more complete options available.

New Chapter® Advanced Perfect Prenatal™

PROS

Good amount of Iodine, organic ingredients - contains ginger for nausea, methylfolate, contains Vitamin K2.

CONS

Only contains beta carotene at low amounts (many don't convert), lots of things too low including: Folate, Vitamin D3, B12, B6 and Selenium. Several nutrients in inferior forms: Vitamin B12, Vitamin A, Iron (could cause GI upset).

OVERALL

Not our favorite. Nutrients are too low. There are much better alternatives.

Noor Vitamins + DHA & Ginger

PROS

It includes the active form of Vitamin A and some Omega-3.

CONS

It contains nutrient forms like cyanocobalamin (B12) and Folic Acid (synthetic form of Folate) that many women have difficulty processing. Dosages are very low on most nutrients, including the B vitamins, D (1/10th of the recommended amount), and Calcium. It is also missing key nutrients like Choline, Magnesium, and Selenium.

OVERALL

Other brands such as Needed, Seeking Health and Full Circle make prenats that are much more complete.

OB Complete™ with DHA Prenatal Multivitamin/ Multimineral

PROS

Like that it contains Vitamin B6 to support nausea, but even this vitamin is dosed too low.

CONS

Many nutrients are missing from this formula (like Vitamin A, Choline), are dosed far too low, or are not in an optimal form. Biggest concern is the Folic Acid- this form is not optimally absorbed by mamas. Vitamin B12 as Cyanocobalamin is a less active and bioavailable form that is attached to a cyanide molecule - stay away from this form! We also like to see Omega-3 & Iron offered separately from a prenatal for optimal absorption.

OVERALL

There are much better options available that dose more completely than this vitamin.

Olly® The Essential Prenatal Multi

PROS

It includes the active form of Vitamin A and some Omegas.

CONS

It contains nutrient forms like cyanocobalamin (B12) and Folic Acid (synthetic form of Folate) that many women have difficulty processing. Dosages are very low on most nutrients, including B6, B12, C, D, Choline (1/50th of the recommended amount), Omega-3. Like most gummy vitamins, it is also missing key minerals like Calcium and Magnesium. Lastly, it includes 4g of sugar and fillers that are best avoided.

OVERALL

Overall this is not one we'd recommend. If you need a gummy option, Smarty Pants is a lot more nutritionally complete. We also make a very complete prenatal multi. We powder that's a good alternative to gummies.

One A Day Prenatal

PROS

Good to see that it offers DHA + EPA but we would prefer them in a separate pill at a higher dosage.

CONS

So many cons. Missing Choline, so important! Less active and poorly absorbed nutrient forms like Folic Acid (40-60% of women cannot process Folic Acid), Cyanocobalamin (B12), Magnesium Oxide, Zinc Oxide. Omega-3 packaged with other nutrients makes it susceptible to oxidizing. We also like to see Iron separate. Dosages of most nutrients far too low. Lot of unwanted additives like colorings and soy.

OVERALL

It is very challenging to get complete nutrition from a single pill. We would not recommend this prenatal. Mamas with pill aversion may like Needed's powder format that is easy to blend into smoothies, or even Smarty Pants gummies are more complete than this.

Parsley Health

PROS

Includes good nutrient forms for most nutrients and more Choline than most.

CONS

It is still lacking in the amount of most nutrients needed.

OVERALL

A good start but still incomplete, especially for 6 pills. If you can take the full 8 capsules with Needed or Full Circle, they are much better options for getting in the right dosing.

PeaPod Prenatal Once A Day

PROS

Affordable and accessible and good that there are no artificial dyes.

CONS

A lot of not so great additives like Magnesium Stearate. Less active and bioavailable ingredient forms. Missing active Vitamin A, B vitamins, Choline, Vitamin K2. Uses Folic Acid (and a lot of it). Dosage levels of nutrients like Vitamin C and Vitamin D are too low by a factor of 100x. We usually also recommend supplementing with Iron only if it's needed, and in the form attached to Glycine for best absorption and easy digestion. For mamas with nausea, taking a higher dosage of B6 can be very supportive-this contains 2.5mg, We recommend 40mg. Make sure to take Omega-3 (DHA and EPA) separately, since it's missing from this product.

OVERALL

Overall, there are better choices available.

Perelel Health Vitamin Packs

PROS

Contains Methylfolate. Good amount of Choline. Omega-3 is separate from other nutrients (but wrong ratio of DHA to EPA for pregnancy). Ginger+B6 in the 1st trimester may help with nausea. Probiotic in 3rd tri, but it lacks targeted strains (look for letters & numbers after the species!) and you need it throughout pregnancy-not just 3rd tri (same is true for Collagen in 4th tri packet).

CONS

Way too much Methylfolate in the first trimester (too much can affect mood and baby's development), B12 should be 20x higher & a mix of methyl+adeno, Magnesium is low and not the best form. Iron may be too high for some mamas. Need a lot more Vit C & D. This is missing active Vit A.

OVERALL

Tailoring needs by trimester is thoughtful but we've found needs are more similar than different across trimesters. Having to manage supply of packets by trimester may be added work without much benefit. While these vitamins together are a good start there are better prenats and probiotics on the market with more targeted support.

Pink Stork Total Prenatal + DHA

PROS

Only two pills and it's inexpensive. Contains active Vitamin A, Iron, and Zinc bound to Glycine for easy digestion, methyl forms of B12 and Folate, and DHA.

CONS

Not enough Folate, and very low doses of other nutrients including B6, B12, Vitamin C, and Vitamin D. Missing K2 and Choline, both critical. We prefer to see Iron and DHA as separate from a prenatal vitamin, as they can interact with other nutrients when packaged together. Contains Magnesium Stearate, an unwanted additive.

OVERALL

You really can't get all you need in 2 pills. But, for the price point and convenience, there are still better 2-pill options out there like Ritual.

PNV Prenatal & DHA Mini Caps

PROS

Includes DHA (although the source is of unknown quality).

CONS

It contains nutrient forms like cyanocobalamin (B12) and Folic Acid synthetic form of Folate) that many women have difficulty processing. Dosages are off on most nutrients (for example Vit D is 1/10th of the recommended level). It's missing key nutrients like Choline and Magnesium. Lastly, it includes fillers like talc that are best avoided.

OVERALL

This is not one of the prenats we would recommend.

PregVit®

PROS

Very few Pros other than covering some very basic need.

CONS

As with most prescription prenatal, it contains nutrient forms like Folic Acid (synthetic form of folate) and Cyanocobalamin (B12) that are difficult to process. Dosages are very low for most nutrients including D (1/15 the recommended amount), Magnesium, B vitamins, and it's missing critical nutrients like Active Vitamin A, Selenium, and Choline. We recommend taking Iron separately from your multi - the Iron here is possibly more than you need, and it interferes with the absorption of other nutrients. It also includes a lot of fillers including artificial colorings that we suggest avoiding.

OVERALL

This is not one we'd recommend. Other brands such as ours (Needed), Seeking Health and Full Circle make prenatal that are much more complete.

Prenate Mini®

PROS

It contains some methylfolate (optimal form) and it's convenient to have DHA included. Nice that insurance covers it too.

CONS

It's very common for prescription prenatal to use suboptimal nutrient forms. For this one, we don't recommend many of the nutrient forms used - cyanocobalamin, Folic Acid, Magnesium Oxide, Iron form. This is also missing Choline, Active Vitamin A, many trace minerals, and it's dosed quite low for most nutrients including B12, Vitamin D, and Magnesium.

OVERALL

We would recommend simplifying your nutrition routine with one of the better options available - Needed, Seeking Health, or Full Circle.

Pure Encapsulations® PreNatal Nutrients

PROS

Only two pills and it's inexpensive. Contains Active Vit A, Iron and Zinc bound to Glycine for easy digestion, methyl forms of B12 and Folate, and DHA.

CONS

Not enough Folate, and very low dosages of other nutrients including B6, B12, Vit C, and Vit D. Missing K2 and Choline, both critical. We prefer to see Iron and DHA as separate from a prenatal vitamin, as they can interact with other nutrients when packaged together. Contains Magnesium Stearate, an unwanted additive.

OVERALL

You really can't get all you need in 2 pills. But, for the price point and convenience, there are still better 2-pill options out there like Ritual.

Pure Synergy® PureNatal®

PROS

Contains Choline, a good amount of Vit C, methyl form of Folate, and many of the critical minerals needed.

CONS

Many nutrients dosed too low, including Folate, B6, B12, D3, Choline, and more. Lacking in Active Vit A, Calcium and proper form of Magnesium. We prefer to see Iron and probiotics separately. Prefer not to include herbs like Red Raspberry leaf for all mamas.

OVERALL

Our biggest concern is the "F" rating from puremarket.com due to heavy metals, pesticide mycotoxins, and plasticizers. This is a common concern with "food based" vitamins.

Rae Wellness Prenatal

PROS

Contains methyl forms of Folate and B12. Contains DHA.

CONS

Very minimal dosages in this vitamin. For example, Magnesium is 400x too low. B12 is 20-30x too low and we ideally like to see Adenosyl form too for maternal energy. Vitamin D3 is 10x too low, and is missing Vitamin K2 which is needed for optimal absorption. Not enough Folate or DHA (and missing EPA). No Choline included. No active Vitamin A. Chamomile, L-theanine, & Goats Rue may not be needed for all mamas or for all trimesters.

OVERALL

We would advise mamas to look for a Prenatal that includes more supportive dosages and nutrient forms. It's not really possible to find that in a 1-2 pills/day format.

Rainbow Light Prenatal One™ Multivitamin

PROS

Methylated Vitamin B12, good amount of Iodine.

CONS

This checks the boxes and has everything in there, but lots of nutrients aren't at an appropriate dose and/or in a bad form.

OVERALL

Our main concern is form and dose of Vitamin A, form and dose of Iron (could make you sick/cause digestive upset), Folic Acid is not recommended.

Ritual

PROS

They are clean (not the case for many). And, they contain high quality forms of all of the nutrients included.

CONS

Not nearly enough B12 (40x lower than optimal), Choline (should be 4-5x higher), Vitamin D (we like to see 2x higher). No Vitamin A which is crucial for the health of mama and baby. No Calcium, Zinc, Copper (critical minerals). We also prefer to see Omega-3 separate from a prenatal as it is susceptible to oxidation and going rancid when mixed with vitamins and minerals. We avoid Boron in supplement form as we can get enough naturally, and too much can be problematic.

OVERALL

Overall a great start with very thoughtful sourcing and easy to take capsules. However,, we don't advocate a "less is more" philosophy for prenatal nutrition. For pregnancy, this could be a good base if you add in other supplements.

Sakara The Foundation Prenatal

PROS

Chelated minerals, more Choline than most, good forms of many nutrients including Methylfolate. We like seeing Omega-3 packaged separately from vitamins and minerals so it doesn't oxidize. Nice to see extra support from Inositol and Chlorella, but might not need those in each trimester.

CONS

Very low dosages for most nutrients including Methylfolate, B12 (also missing Adenosyl form that supports maternal energy), all the minerals are dosed low, and even Choline (though 300mg is better than most prenats, mamas need upwards of 550mg, especially if you are plant-based). It is also missing Active Vitamin A.

OVERALL

This is a very expensive prenatal relative to the dosages they are delivering but generally thoughtful and of high quality. Needed's Complete Plan is a similar concept, but much better bang for the buck.

The probiotic is not one we'd recommend. Look for one with specific targeted strains (i.e. L. rhamnosus HN001), not just species.

Seeking Health® Optimal Prenatal Capsules

PROS

Lots of pros - this was our favorite prenatal on the market before Needed

CONS

8 pills which is really tough for some! And, there are adjustments We would make like doubling the Vitamin D and Choline, and less Methylfolate for some (why we dosed Needed's prenatal lower). There are also a few nutrients added like Taurine and milk thistle we'd prefer not to see every mama on!

OVERALL

Overall, one of the best choices on the market right now! (but Needed's is an upgrade).

Seeking Health® Optimal Prenatal with Plant-Based Protein

PROS

Like the Seeking Health Optimal Capsules, this is a great option, especially for someone who can't handle 8 pills. Powder also allowed Seeking Health to boost levels of a few nutrients.

CONS

Mixed reviews around taste. Cane syrup. And, We don't love that they use plant based proteins - the Environmental Working Group found plant proteins to be among the worst heavy metal offenders, likely why this product carries a Prop 65 warning.

OVERALL

Overall, still one of the best choices on the market right now, especially if you can't stomach Seeking Health's 8 pills.

Seeking Health® Optimal Prenatal Chewable

PROS

Uses very good forms of the nutrients included

CONS

The taste and texture can be difficult to manage for some. The decrease to 2 chewable tablets from their 8 capsules to swallow comes at the cost of missing optimal doses of several key nutrients like Choline and Vitamin D. Unfortunately contains magnesium stearate as a filler.

OVERALL

While we like the Seeking Health Optimal Prenatal Capsules, the chewable is not recommended

Seeking Health® Prenatal Essentials

PROS

Uses very good forms of the nutrients included

CONS

The decrease to 2 capsules from their 8 capsules comes at the cost of missing optimal doses of several key nutrients like Choline and Vitamin D.

OVERALL

Needed's new Prenatal Essentials is a more complete option for a similarly reduced number of capsules.

Smarty Pants® Prenatal

PROS

Good nutrient forms of those that are included. Clean ingredients and minimal additives.

CONS

No key minerals! Good forms of included nutrients, but nearly all dosed very low. Folate and Choline dosages are particularly concerning especially in early pregnancy.

OVERALL

In general, we suggest avoiding gummy vitamins or one-a-day supplements, because they are often lacking in nutrient amounts. This is a clean gummy in general, but try Needed's powder if pills are tough for you for a more complete option.

Spring Valley

PROS

Affordable and accessible

CONS

It contains nutrient forms like cyanocobalamin (B12) and Folic Acid (synthetic form of Folate) that many women have difficult processing. Dosages are off on most nutrients (for example Vit D is 1/10th of the recommended level). It's missing key nutrients like Choline, Magnesium, and Active Vitamin A. Lastly, it includes fillers like magnesium stearate, maltodextrin, and gums--and artificial colorings--that are best avoided.

OVERALL

This is not one of the prenats we would recommend.

Solaray® Once Daily Prenatal Multi-Vitamin

PROS

It includes Selenium and some Choline which are often left out but critical in pregnancy.

CONS

It contains nutrient forms like cyanocobalamin (B12) and Folic Acid (synthetic form of Folate) that many women have difficult processing. Dosages are very low on most nutrients, like the B vitamins, D (1/4th the recommended amount), Choline, and Magnesium. It's missing key nutrients like Active Vitamin A and Iron levels may be higher than you need.

OVERALL

Other brands such as Needed, Seeking Health and Full Circle make prenats that are much more complete.

Target Up&Up Brand Prenatal Vitamins

PROS

Affordable and accessible

CONS

It contains synthetic nutrient forms like Folic Acid (synthetic form of folate), that many women have difficulty processing. Dosages are very low on most nutrients, including the B vitamins, Vitamin D (1/10 the recommended amount), and Calcium. It's also missing key nutrients, like active Vitamin A, Choline, Magnesium and Selenium. We recommend taking Iron separately from your multi - the Iron here is possibly more than you need, and it interferes with the absorption of other nutrients. It also includes a lot of fillers including artificial colorings that we suggest avoiding.

OVERALL

This is not one we'd recommend. If you like tablets, Seeking Health makes the best on the market. We (Needed) also have a powder form that's very nutritionally complete.

TheraNatal Core® Preconception Vitamins

PROS

Some minerals are in chelated form, contains some Choline, contains Folate vs Folic Acid.

CONS

Missing active Vitamin A and Vitamin K2. Contains poor form of Iron, B12, Magnesium dosed too low on most nutrients including C and Choline. No DHA.

OVERALL

Overall, there are better choices available.

Thorne® Basic Prenatal

PROS

It includes both retinyl palmitate and beta carotene, methylated forms of Vitamin B12 & B6.

CONS

It is higher than optimal on methyl forms of Folate and B12 (over-methylation can affect some mama's mood), some women won't need the amount of Iron they include (over-supplementing with Iron can cause microbiome imbalance), and you'll want to make sure to supplement with extra Choline (none is included and mamas need 550mg a day) and Vitamins D3/K2.

OVERALL

Main takeaway: It's fine as a basic option IF you need this amount of Iron (get your levels tested) and you aren't sensitive to methyl nutrients. Be sure to add on Choline, DHA, and extra D3/K2.

TriStart DHA

PROS

It contains methylfolate, a good amount of B6, and some Omegas.

CONS

It contains nutrient forms like Folic Acid (synthetic form of folate) and Cyanocobalamin (B12) that are difficult to process. Dosages are very low for most nutrients including C, D (1/4th the recommended amount), and Magnesium. It's missing critical nutrients like active Vitamin A, Choline and Selenium. We recommend taking Iron separately from your multi -- the Iron here is possibly more than you need, and it interferes with the absorption of other nutrients. We also recommend taking Omega3 separately (DHA + EPA), and the amounts here are too low.

OVERALL

Other brands such as Needed, Seeking Health and Full Circle make prenats that are much more complete.

UpSpring Prenatal Complete Multivitamin

PROS

Good, supportive dosage of Iodine and good form and amount of Folate. Both nutrients that are important for baby's brain development. Good form of Iron, but the high dosage could be too much for some mamas. Great to see Active Vitamin A.

CONS

Low dosages of many nutrients, including Choline, Vitamin D, Vitamin B6, Vitamin B12 and Magnesium.

OVERALL

Although this prenatal offers some good forms and dosages, you would need to have a very complete diet or take additional supplements to be fully nourished. We would recommend simplifying your nutrition routine with one of the better options available.

USANA® Prenatal CellSentials™ Pack

PROS

Contains some added antioxidant support.

CONS

It contains synthetic nutrient forms like cyanocobalamin (B12) and Folic Acid (synthetic form of folate), that many women have difficulty processing. Dosages are very low on most nutrients, including B6, D (half the recommended amount), Magnesium, Selenium and Calcium. It's also missing key nutrients, like active Vitamin A and K2. We recommend taking Iron separately from your multi as it interferes with the absorption of other nutrients.

OVERALL

This is not one we would recommend. Other brands such as ours (Needed), Seeking Health and Full Circle make prenats that are much more complete.

Vitafol Ultra

PROS

Generally prescription vitamins may be viewed as higher quality but that is often not the case when you look at the label.

CONS

As with most prescription prenats, it contains nutrient forms like Folic Acid (synthetic form of folate) and Cyanocobalamin (B12) that are difficult to process. Dosages are very low for most nutrients, and it's missing critical nutrients like Active Vitamin A, Choline, and Calcium. We recommend taking Iron separately from your multi - the Iron here is possibly more than you need, and it interferes with the absorption of other nutrients. It also includes a lot of fillers including artificial colorings that we suggest avoiding.

OVERALL

This is not one we'd recommend. Other brands such as ours (Needed), Seeking Health and Full Circle make prenats that are much more complete.

Vitafusion Gummies

PROS

It includes the active form of Vitamin A and some omegas.

CONS

It contains nutrient forms like cyanocobalamin (B12) and Folic Acid (synthetic form of Folate) that many women have difficulty processing. Dosages are very low on most nutrients, including the B vitamins, C, and D. The Omega-3 dose is also really low and we recommend taking it separately from your multi. Like most gummy vitamins, it is also missing key nutrients like Choline, Calcium and Magnesium. And the minerals it does include are in poor forms, such as zinc oxide. Lastly, it includes 4g of sugar and fillers that are best avoided.

OVERALL

If you need a gummy option, Smarty Pants is a lot more nutritionally complete. We also make a very complete Prenatal Multi powder that's a good alternative to gummies.

Vitamin Code® Raw Prenatal™

PROS

Covers very basic needs.

CONS

Rated poorly for purity by Clean Label Project.

OVERALL

Not our favorite. It's an okay support to a great diet, but not as targeted for fetal development and pregnancy as we would like.

Vitamin IQ Whole Food Prenatal

PROS

Good forms of Vitamin A, methyl B12, methyl Folate. Minerals bound to Glycine. Ginger for nausea. Good dose of Iodine and more Choline than most prenats. No gums or other additives.

CONS

Missing DHA. We like Magnesium in the form of Magnesium Glycinate, not Malate as it is in this formula. Vitamins C, D, B12 are minimally dosed. Their label is misleading- this is not a food based vitamin, although a few ingredients are food-derived.

OVERALL

We dislike that they are marketing this as "food based" when most ingredients are not from food (i.e., all the Glycinated minerals). We actually like the nutrient forms but it makes us question their credibility. (i.e., is what's on the label actually in the bottle?)

vitaPearl

PROS

Includes DHA, although we recommend taking this separately from your prenatal.

CONS

As with most prescription prenats, it contains nutrient forms like Folic Acid and Cyanocobalamin that are difficult to process. Dosages are very low for most nutrients, and it's missing critical nutrients like Active Vitamin A, Choline, Magnesium, and Calcium. Iron level may be higher than you need. It also includes a lot of fillers including artificial colorings that we suggest avoiding.

OVERALL

vitaPearl is not one we'd recommend.

Walgreens brand

PROS

Affordable and accessible

CONS

It contains nutrient forms like cyanocobalamin (B12) and Folic Acid (synthetic form of Folate) that many women have difficulty processing. Dosages are very low on most nutrients, including the B vitamins, D (1/10th of the recommended amount), and Calcium. It is also missing key nutrients like Choline, Magnesium, and Selenium.

OVERALL

This is not one we'd recommend. Other brands such as Needed, Seeking Health, and Full Circle make prenats that are much more complete.

Whole Earth & Sea Prenatal

PROS

Contains methylcobalamin and methylfolate (active forms of B12 & B9)

CONS

Dosages of most nutrients—especially Choline, B6, Folate, Vitamin C, Vitamin D, and Magnesium are too low (in some cases by 50x). It is missing Active Vitamin A. Has Red Raspberry Leaf and Chlorella that we prefer not to see in a prenatal. Iron is in a poor form and a higher dosage than many need. DHA should be taken separately.

OVERALL

Our biggest concern with this prenatal is that it's rated an "F" on purity, likely due to high heavy metals. This is common with "food based" prenats.

Wild Nutrition® Food-Grown® Pregnancy

PROS

Omega-3 supplement offered separately from Prenatal which is ideal for absorption. Free of colorings & additives.

CONS

No nutrient forms listed on the label makes it difficult to confirm the efficacy of the nutrients you're paying for! Also, Choline, Vitamin D, C, B6, B12 and many other nutrients are all dosed too low.

OVERALL

Usually when ingredient forms aren't listed that's a red flag that they are using less active and bioavailable ingredients. We would switch to a prenatal that doses more completely and offers more information so you can ensure you're getting optimal forms.

Zahler® Prenatal + DHA

PROS

Contains a good amount of methyl folate and good nutrient forms like minerals bound to Glycine, methylcobalamin (B12), and active Vitamin A.

CONS

Choline amount is only 1/10 of the RDA, Vitamin D3 should ideally be double the amount they include, we'd like to see some adenosylcobalamin form of B12 too. Magnesium form isn't great and dosage should be higher. This is a lot of Iron for some mamas. We prefer to see Iron separately so you can take only the dosage you need. Also, DHA is better taken separately as it can oxidize when packaged with vitamins+minerals.

OVERALL

Not a bad option for mamas who need a lot of Iron (i.e., vegans) and want to take only 2 pills per day. But for the price point there are better options like Seeking Health, Full Circle, Klair Labs, and Needed.

Don't see your prenatal brand on here?

**Drop us an email at hello@thisisneeded.com or
DM us on Instagram [@nourishmentisneeded](https://www.instagram.com/nourishmentisneeded) and
we'll be happy to review it.**

needed.[®]