

# Prenatal Supplement Comparison Chart

What's in popular prenats vs. what you actually need

Not all prenats are created equal. Most contain forms your body can't use efficiently, or leave out critical nutrients entirely. Use this chart to evaluate yours.

## Key Nutrients: What to Look For

NUTRIENT	OPTIMAL FORM	DAILY NEED	WATCH OUT FOR
Folate	Methylfolate (5-MTHF)	800 mcg	Folic acid (synthetic, ~40% of people can't convert efficiently)
Iron	Iron bisglycinate	27 mg	Ferrous sulfate (causes constipation)
Choline	Choline bitartrate or CDP-choline	450 mg	Most prenats contain 0 mg
DHA	Triglyceride-form fish oil or algae DHA	300-500 mg	Ethyl ester form (less bioavailable)
Vitamin D	D3 (cholecalciferol)	4,000 IU	D2 (ergocalciferol – less effective); most prenats have only 400-600 IU
Iodine	Potassium iodide	220 mcg	Missing entirely from many prenats
Magnesium	Glycinate or malate	350 mg	Oxide (poorly absorbed; only 4% bioavailability)
B12	Methylcobalamin	2.6 mcg	Cyanocobalamin (requires conversion)
Vitamin K2	MK-7	100 mcg	Usually absent; needed for calcium metabolism
Zinc	Zinc picolinate or bisglycinate	11 mg	Zinc oxide (poor absorption)

## Your Prenatal Evaluation Checklist

- Contains methylfolate (NOT folic acid)
- Contains choline (most don't – you'll need a separate supplement)

- Contains DHA/EPA or paired with a separate omega-3
- Vitamin D is 2,000+ IU (not just 400)
- Contains iodine (150–220 mcg)
- Iron is bisglycinate (gentler on stomach)
- Contains magnesium in absorbable form
- B vitamins are in methylated forms
- Third-party tested for purity (NSF, USP, ConsumerLab)
- Free of unnecessary fillers, dyes, and titanium dioxide

**IMPORTANT**

If your prenatal is missing choline and DHA, supplement separately. These are the two most commonly underdosed nutrients in pregnancy, and they're critical for brain development.

## Supplements You May Need Separately

**CHOLINE**

450 mg/day (most prenats have 0)

**DHA/EPA**

300–500 mg DHA (need fish oil or algae)

**VITAMIN D3**

Additional 2,000–4,000 IU to reach optimal

**MAGNESIUM**

200–400 mg glycinate (evening dose)

**PROBIOTIC**

Multi-strain, 10+ billion CFU

**VITAMIN K2**

100 mcg MK-7 (if not in prenatal)