



Fox Valley Reproductive Medicine (FVRM) is an independently physician-owned organization.

Why are Prenatal Vitamins so Important?

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As kids, we are often reminded of how important it is to take our daily vitamins to grow strong and stay healthy. This is just as important later in life, especially before – and during – a woman’s pregnancy.

Prenatal multi-vitamins give expectant mothers the necessary amounts of several vitamins and minerals they might not otherwise be getting enough of in their everyday diets. Of added importance during pregnancy are the folic acid, iron and calcium that these prenatal multi-vitamins contain.

Folic acid – It is recommended that women take a daily dosage of 400 micrograms of folic acid as they are trying to get pregnant. This dosage should be continued the first 12 weeks of pregnancy and is especially important the first month of a baby’s development. That’s because folic acid helps lessen the risk of serious birth defects of the brain and spinal cord (neural tube), most commonly Spina Bifida.

Iron – This mineral helps blood carry oxygen and is important to both mom and baby during the full 40 weeks of pregnancy. Iron also helps carry oxygen to the muscles to make them function properly and plays a role in combating fatigue and depression.

Calcium – While pregnant, the fetus uses its mother’s calcium for bone growth. Because baby is taking some, it is important for expectant moms to get enough calcium so they don’t compromise their own bone density.

For more information on which prenatal multi-vitamin is best for you during pregnancy and the proper dosage, please consult your physician.

FVRM is here!

For more details on a healthy pregnancy:
Call 920-560-5585 today