

# Take a Multivitamin When Pregnant

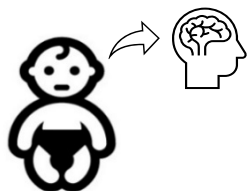
When you are pregnant, it is hard to get all the nutrients you need from the food you eat.

Eat a variety of foods and take a multivitamin daily.



## Multivitamins give you extra nutrition

This extra nutrition helps to:



build your baby's brain and body



build new blood



keep bones strong

## Choose a multivitamin

Health Canada recommends taking a daily multivitamin with 16–20 mg iron and 0.4 mg folic acid (folate). Multivitamins with these exact amounts can be hard to find.

Look for these amounts when choosing a multivitamin:

- **Iron** between 16–27 mg
- **Vitamin D** at least 400 IU (10 mcg)
- **Folic acid (Folate)** between 0.4–1 mg (400–1000 mcg)

✓ These amounts are safe in pregnancy.



If you have questions about multivitamins in the store, talk to the pharmacist.



Some multivitamins may be missing a nutrient. Most gummy multivitamins **do not have iron.**



## To help you remember daily



Set an alarm



Put the multivitamin bottle next to an item you use every day

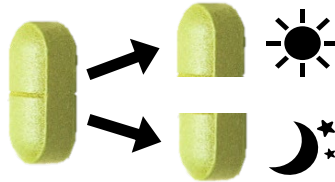


Use a pill box

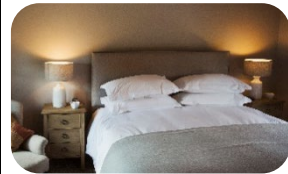
## If your multivitamin makes you feel sick



Take it with food



Ask a pharmacist if your multivitamin can be cut in half.  
Take  $\frac{1}{2}$  with breakfast,  $\frac{1}{2}$  with supper.



Take it before you go to sleep

## Ask your healthcare team

- How your health conditions may change your vitamin or mineral needs.
- About any other vitamins or minerals you want to take.
- Where to get free multivitamins.
- If you are unable to take a multivitamin.



## To learn more



Visit: Ready or Not Alberta  
([readyornotalberta.ca/](https://readyornotalberta.ca/))



Visit: Healthy Parents Healthy Children  
([healthyparentshealthychildren.ca](https://healthyparentshealthychildren.ca))

If you have nutrition questions, call 811.  
Ask to talk to a dietitian.