

# CHOOSING A PRENATAL SUPPLEMENT

## CHEAT SHEET

### AVOID

### CHOOSE

1

When will you start taking your prenatal multivitamin?

Waiting until pregnant  
Waiting until actively TTC

4 months - 1 year before TTC

2

What form of folate?  
(if you have trouble tolerating methylated forms, work with a practitioner)

folic acid  
folate (as folic acid)

folate  
methylfolate or "methyl" prefix  
L-methylfolate  
5-methyl-tetrahydrofolate  
L-5-MTHF, folinic acid

3

How much vitamin D and in what form?  
(you can supplement this separately from your prenatal)

Less than 2,000 IU (50 mcg)  
D2 (ergocalciferol)

2,000 IU (50 mcg) - 4,000 (100 mcg)  
D3 (cholecalciferol)

4

How much choline?  
(you can supplement this separately from your prenatal)

None

100 mg - 450 mg

5

Are there any artificial colors or other fillers listed?

### AVOID

Blue #1 and 2, Citrus Red #2, FD&C Red #40, Yellow #5 and #6, Green #3, and Red #3, FD&C Blue No. 1, FD&C Yellow No. 5 and 6, FD&C Red No. 40, "artificial color", magnesium stearate, hydrogenated soybean oil

# READY TO DO MORE?

## I WOULD LOVE TO HELP

What if there were more you could do to improve your fertility, increase your chance of getting pregnant, and feel like you have more control over the whole process?

Having a clear plan based on scientific evidence and traditional herbal wisdom can help improve your fertility and avoid feeling overwhelmed, frustrated, or alone.

Especially during the first year of trying to conceive.



### SUPPLEMENT REVIEW "MINI" SESSION

30 minute appointment

You will leave with recommendations for prenatal multivitamin that would best support your body.

You have the option to purchase through my online practitioner's dispensary (Fullscript) or purchase on your own

[CLICK HERE](#)

### SINGLE VISIT OR A 4- MONTH PACKAGE

In these sessions, we go deeper to identify obstacles that may be delaying your chances of getting pregnant and look at what you can do to improve your fertility.

The best way to figure out which option is best for you is to schedule a free 15-minute discovery call.

[CLICK HERE](#)

**HERBS, NUTRITION, LIFESTYLE CHANGES,  
AND A CLEAR PLAN**