

PRENATAL VITAMINS WITHOUT DHA

Please refer to both the Vitamins and Minerals tables for a complete listing of all ingredients and strengths included in each prenatal vitamin. Refer to notes for all other additional ingredients.

VITAMINS

Brand	Per Form	Folic Acid (mg)	Vit. A (IU)	Vit. B ₁ (mg)	Vit. B ₂ (mg)	Vit. B ₃ (mg)	Vit. B ₆ (mg)	Vit. B ₁₂ (mcg)	Vit. C (mg)	Vit. D (IU)	Vit. E (IU)
CitraNatal B-Calm	tab	1					25		120	400	
	tab						25				
NataChew	tab	1	2700	2	3	20	10	12	120	400	20
O-Cal Prenatal	tab	1	2500	1.5	1.6	17	12	12	70	400	30
PreferaOB	tab ¹	1		1.5	1.6	17	50	12		400	10
Prena1 Chew	tab ²	1.4			1.7		2	8		400	
Prenate AM	tab ³	0.4					75	12			
Prenate Chewable	tab ³	0.4					10	125		300	
Prenate Elite	tab ^{1,4}	0.4	2600	3	3.5	21	21	13	135	450	10
Select-OB	caplet ⁴	0.4	1700	1.6	1.8	15	2.5	5	60	400	30
Vitafof-OB	caplet	1	2700	1.6	1.8	18	2.5	12	70	400	30

MINERALS

Brand	Per Form	Calcium (mg)	Iron (mg)	Copper (mg)	Iodine (mcg)	Magnesium (mg)	Zinc (mg)	Biotin (mcg)
CitraNatal B-Calm	tab	120	20					
NataChew	tab		28					
O-Cal Prenatal	tab	200	15	2	150	100	15	
PreferaOB	tab ⁵		28	0.8	175		15	30
Prena1 Chew	tab							
Prenate AM	tab ⁶	200						
Prenate Chewable	tab ⁷	500				50		280
Prenate Elite	tab	100	26	1.5	150	25	15	330
Select-OB	caplet		29			25	15	
Vitafof-OB	caplet	100	65	2		25	25	

NOTES

¹ Also contains Vitamin B5 (pantothenic acid);

² Contains folic acid as FOLMAX immediate and modified release

³ Contains folate (as folic acid 400mcg + Quatrefolic 1.1mg [equivalent to 600mcg folic acid])

⁴ Contains folate (as folic acid 400mcg + L-methylfolate 600mcg)

⁵ Also contains selenium 65mcg

⁶ Also contains ginger extract 500mg, lingonberry 25mg

⁷ Also contains blueberry extract

Not an inclusive list of medications. Please see drug monograph at www.eMPR.com and/or contact company for full drug labeling.

(Rev. 3/2019)