

## Prenatal Vitamins For The Expectant Mother

Prenatal vitamins are a must for expectant mothers. A medical practitioner will often prescribe a prenatal vitamin to a expecting patient, but some assert that the vitamins are helpful for women who are planning to conceive. Using the supplements before getting expectant helps prevent certain birth defects. Some mothers prefer to continue taking prenatal vitamins and minerals throughout their pregnancies and while they are breastfeeding. It is important to remember that the prenatal vitamins are supplements. They do not replace a balanced diet. It is not good practice to rely on vitamins and minerals for all of your nutritional needs. It is more important to eat a nutritious, well-balanced intake than it is to take pills, no matter how of assistance they are. The vitamins also work better when they are taken with a healthy diet. Some of the nutrients in the foods help to absorb the vitamins and minerals. Calcium is an extremely important element in a pregnant woman's intake. Prenatal vitamins do not have the recommended daily allowance of calcium for an in the club mother. Prenatal vitamins and minerals have about 250 milligrams of calcium but an expectant mother requires between 1,200 and 1,500 milligrams of calcium each day to assure that the infant will develop properly. This-is-a-significant-difference. Not every prenatal vitamin is the same; in fact some may not benefit the expectant mother as much as they claim. Research show that a expectant woman's body does not necessarily absorb all of the nutrients provided by the vitamins and minerals, especially folate. Folate is extremely important in the newborn's prenatal development. The vitamin helps avert birth defects like spina-bifida. Only three out of nine vitamins on average actually provide the amount of folate labeled on the bottle. This is not to suggest that the supplements do not have the vitamin, it just is not absorbed by the woman's body. Some argue that it is better to take a prenatal vitamin prescribed by a doctor. However, this is not necessarily the case. While prescribed vitamins and minerals are ideal, many of the very same vitamins are available in pharmacies and without a prescription. The most important thing to consider is the ingredients in the vitamins. Another important factor to consider is whether the vitamins and minerals are easily absorbed or not. There is an easy test you can use to determine if the vitamins will be absorbed into your system. Put one of the prenatal vitamins and minerals into a cup of water. Wait ten minutes. If the vitamin is dissolved, or is very soft, it will be absorbed into your system. If the vitamin remains hard, it will probably pass through your system without depositing many of the nutrients it carries. It is a good idea to talk to your general practitioner when deciding which prenatal vitamin is best for you. I found that the vitamin my GP prescribed made me very nauseous. I told my family doctor about the trouble I was having and she recommended a supplement that I could buy over the counter. This vitamin was not a powerful as the one she originally prescribed, but I was getting more nutrients because I was able to tolerate them much better. Finding the right prenatal vitamin may take a little research, but the benefits are great. However, it is critical to keep eating a beneficial, well-balanced diet. There is no supplement that can take the place of good nutrition.

## About the Author

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