

Prenatal Vitamins																							
Brand Name	Company	Dosage Unit		Folic Acid (mg)	Vit. A (Units)	Vit. B1 (mg)	Vit. B2 (mg)	Vit. B3 (mg)	Vit. B5 (mg)	Vit. B6 (mg)	Vit. B12 (mcg)	Biotin (mcg)	Vit. C (mg)	Vit. D (Units)	Vit. E	Calcium (mg)	Iron (mg)	Copper (mg)	Iodine (mg)	Magnesium (mg)	Selenium (mcg)	Zinc (mg)	Notes
CITRANATAL ASSURE	Mission Pharmacal	per tab	R	1		3	3.4	20		25			120	400	30 IU	125	35	2	0.15			25	Dose is 1 tab + 1 gel cap daily.
		per cap																					
CITRANATAL DHA	Mission Pharmacal	per tab	R	1		3	3.4	20		20			120	400	30 IU	125	27	2	0.15			25	Dose is 1 tab + 1 gel cap daily.
		per cap																					
CITRANATAL 90 DHA	Mission Pharmacal	per tab	R	1		3	3.4	20		20			120	400	30 IU	200	90	2	0.15			25	Dose is 1 tab + 1 gel cap daily.
		per cap																					
CITRANATAL RX	Mission Pharmacal	per tab	R	1		3	3.4	20		20			120	400	30 IU	125	27	2	0.15			25	Calcium as citrate. Iron as carbonyl iron and ferrous gluconate. Also contains docusate sodium 50mg.
DUET	Xanodyne	per tab	R	1	3000	1.8	4	20		25	12	120	400	30 mg	200	29	2		25			25	Vit. A as beta carotene. Calcium as carbonate. Iron as bisglycinate and IronAid. Chew tabs contain phenylalanine.
DUET CHEWABLE	Xanodyne	per tab	R	1	3000	1.8	4	20		25	12	120	400	30 mg	100	29	2		25			25	
DUET DHA w. FERRAZONE	Xanodyne	per tab softgel cap	R	1	3000	1.8	4	20		28	12	130	410	30 mg	230	30	2		25			26	Dose is 1 tab + 1 enteric-coated softgel cap daily. Enteric-coated softgel cap contains: omega-3 fatty acids 440mg (as docosahexaenoic acid 295mg; as other omega-3 fatty acids 145mg [eicosapentaenoic acid, docasapentaenoic acid]). Calcium as carbonate. Iron as sodium iron EDTA, Ferrazone.
PRENATAL Rx 1	Ethex	per tab	R	1	4000	1.5	1.6	17	7	4	2.5	30	80	400	15 Units	200	60	3		100		25	Vit. A as 90% acetate and 10% beta carotene. Calcium as carbonate. Iron as fumarate.
NATACHEW	Warner Chilcott	per tab	R	1	1000	2	3	20		10	12	120	400	11 Units		29							Vit. A as beta carotene. Iron as fumarate. Chewable tablets.
NATAFORT	Warner Chilcott	per tab	R	1	1000	2	3	20		10	12	120	400	11 Units		60							Vit. A as acetate and beta carotene. Iron as carbonyl and sulfate.
NEEVO	PamLab	per caplet	R	0.4*		3	3.4	20	7	2.6	500	30	80	400	30 IU	200	29	2		40		15	Calcium as carbonate. Iron as polysaccharide complex. Gluten-, lactose-, yeast-free. *Also contains L-methylfolate 1mg
NEEVO DHA	PamLab	per cap	R	0.4*						25	1000		40	30 IU	75	27							Calcium as tricalcium phosphate. Iron as ferrous fumarate. Contains docosahexaenoic acid (DHA, vegetarian source [algae]) 250mg and soy. *Also contains L-methylfolate 1mg
PREFERA0B	Alaven	per tab	R	1		1.5	1.6	17	10	50	12	30		400	10 IU	28	0.8	0.175		65	15		Iron as polysaccharide iron complex 22mg + heme iron polypeptide as Proferrin 6mg.
PRENATE DHA	Sciele	per softgel	R	0.4*						25	12		85	200	10 IU	150	27			50			Calcium as carbonate. Iron as fumarate. Also contains DHA 300mg, calcium docusate 50mg. *Also contains Metafolin 0.6mg
PRENATE ELITE	Sciele	per tab	R	0.4*		3	3.4	20	6	20	12	30	120	400	10 IU	200	90	2		30		15	Also contains 50mg docusate sodium. Calcium as carbonate. Iron as carbonyl. *Also contains Metafolin 0.6mg
PRENEXA	Upsher-Smith	per cap	R	1.2						25			25	170	30 IU	160	30						Calcium as phosphate. Iron as ferrous fumarate. Contains docosahexaenoic acid (DHA, plant-based source [algae]) 265mg, docusate sodium ≤55mg, and soy.
SELECT-OB	Everett	per tab	R	1	1700	1.6	1.8	15		2.5	5		60	400	30 IU		29			25		15	Tabs may be chewed or swallowed. Gluten-, lactose-, and iodine-free.