

# Pregnancy

---

Certain Supplements that are good and safe during pregnancy...

**Note:** Food based vitamins during pregnancy are always best!

*1<sup>st</sup>* Trimester: L-carnitine, L-cysteine, L-methionine, Omega-3 fatty acids, Vit B6, Methyl folate, Vit B12, Vit(s). A, C, E, D, Iodine, Selenium, Magnesium

*2<sup>nd</sup>* Trimester: Probiotic, Omega-3 fatty acids, Vit(s). A, C, K, D, Manganese, Molybdenum, Boron, Vit B6, Methyl folate, Vit B12, Zinc

*3<sup>rd</sup>* Trimester: Zinc, Copper, Probiotic, Omega-3 fatty acids, L-carnitine, Selenium, Methyl folate, Magnesium, Choline, Vit B6., Vit B12., Vit(s). A, D

*Birth:* Omega-3 fatty acids, Probiotics, Zinc, Vit C, Vit B6, Vit B12, Methyl folate