



Key Vitamins And Nutrients For A Healthy Pregnancy



Folic Acid

Reduces the risk of neurological defects

Vitamin B6

Helps in the development of the baby's blood, nervous system, and skin



B-Complex

Helps in the development of the placenta and energizes the mother



Vitamin C

Helps in the formation of connective tissues



Vitamin D

Helps in the development of the fetus' teeth, bones, skin, and eyesight



Calcium

Promotes the baby's bone and teeth development



Omega 3

Supports brain development pre- and post-birth



Zinc

Reduces the risk of malformation and low birth weight



References:

- 1 Nutrition During Pregnancy; The American College of Obstetricians and Gynecologists
- 2 The Importance of Prenatal Vitamins, Dignity Health