

Table 4. Recommended vitamin and mineral supplements by IOM***

Multivitamin-mineral preparations recommended for pregnant women with insufficient diet intake or nutritional risk factors:

Iron	30 mg
Zinc	15 mg
Copper	2 mg
Calcium	250 mg
Vit B6	2 mg
Folate	300 µg
Vit C	50 mg
Vit D	5 µg

Multivitamin-mineral preparations recommended for pregnant women with specific conditions: Vegans

10 µg (400 IU) Vit D

2 µg Vit B12

Pregnant women aged <25 years with a daily calcium intake <600 mg

600 mg calcium

(*)** Institute of Medicine. Nutrition During Pregnancy. Part I Weight Gain. Washington, DC: Food and Nutrition Board. National Academy of Sciences, 1990