

Title:

Early Pregnancy and Prenatal Vitamins

Word Count:

397

Summary:

Taking prenatal or supplemental vitamins with folic acid before and during pregnancy are of th

Keywords:

pregnancy, vitamins, early, folic acid, multi-vitamins, prenatal

Article Body:

If you are pregnant or are planning to become pregnant, you probably know that it is important

A study, recently published in the medical journal Cancer Epidemiology Biomarkers and Preventi

Researchers found that women taking multivitamins close to the time they conceived had babies

The study at The Children's Hospital of Philadelphia compared 315 children with brain tumors t

Interestingly, taking a multivitamin during the later stages of pregnancy did not significantl

Women are strongly urged to choose a multivitamin with 400 micrograms of folic acid. Reproduc

When choosing your vitamin, check its vitamin A content. Never take more than 770 micrograms

You should also look on the label for the letters USP. This means the vitamin has been evalua

Your OB/GYN will help you choose a pre-natal vitamin before you even get pregnant. So good lu

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