



Fullscript-tested

# Assessing prenatal multivitamin purity

At Fullscript, we're committed to independently testing the products we distribute to provide quality assurance and validate important safety and efficacy label claims.

We selected prenatal products from our distribution center and tested for levels of heavy metals, solvents, and microbiological contaminants.

In 2023, The International Federation of Gynecology and Obstetrics (FIGO) issued a [statement](#) on heavy metal and microbiological contamination in prenatal multivitamins, highlighting them as health risks to mothers and babies due to their potential effect on reproductive and neurological systems. ([Jaishankar 2014](#))

## Prenatal multivitamins

tested for heavy metals, microorganisms, and residual solvents

Supplement purity is complex. Pure and potent supplements are necessary for optimal outcomes, and if a product contains toxic contaminants above safe levels, it may be doing more harm than good.

## Heavy metal testing: quality confirmed

We tested for heavy metals and compared results to Proposition 65's strict standards for arsenic, cadmium, lead, and mercury contamination, which can stem from raw materials or manufacturing processes. A 2018 study found high levels of lead and arsenic, exceeding Proposition 65 safe harbor levels, in 26 commonly consumed prenatal multivitamins. ([Schwalfenberg 2018](#))







## Microbiological testing: quality confirmed

We also tested each product for levels of coliforms, aerobic bacteria, yeast, mold, *Enterobacteria*, and *Salmonella*. **All Fullscript-tested products met United States Pharmacopeia (USP) standards for microbiological contamination.** Contamination may occur during supplement manufacturing or handling and negatively affect both product effectiveness and patient health.

## Residual solvents: quality confirmed

Finally, we tested for residual solvents. Residual solvents, classified from category 1 to 3 by descending toxicity, lack clinical benefits and can be harmful to patient health. Their use should comply with health and safety protocols, USP standards, and good manufacturing practices.



# Featured Fullscript-tested products

The following are featured high-quality products that meet Fullscript's purity standards.



## Thorne Basic Prenatal

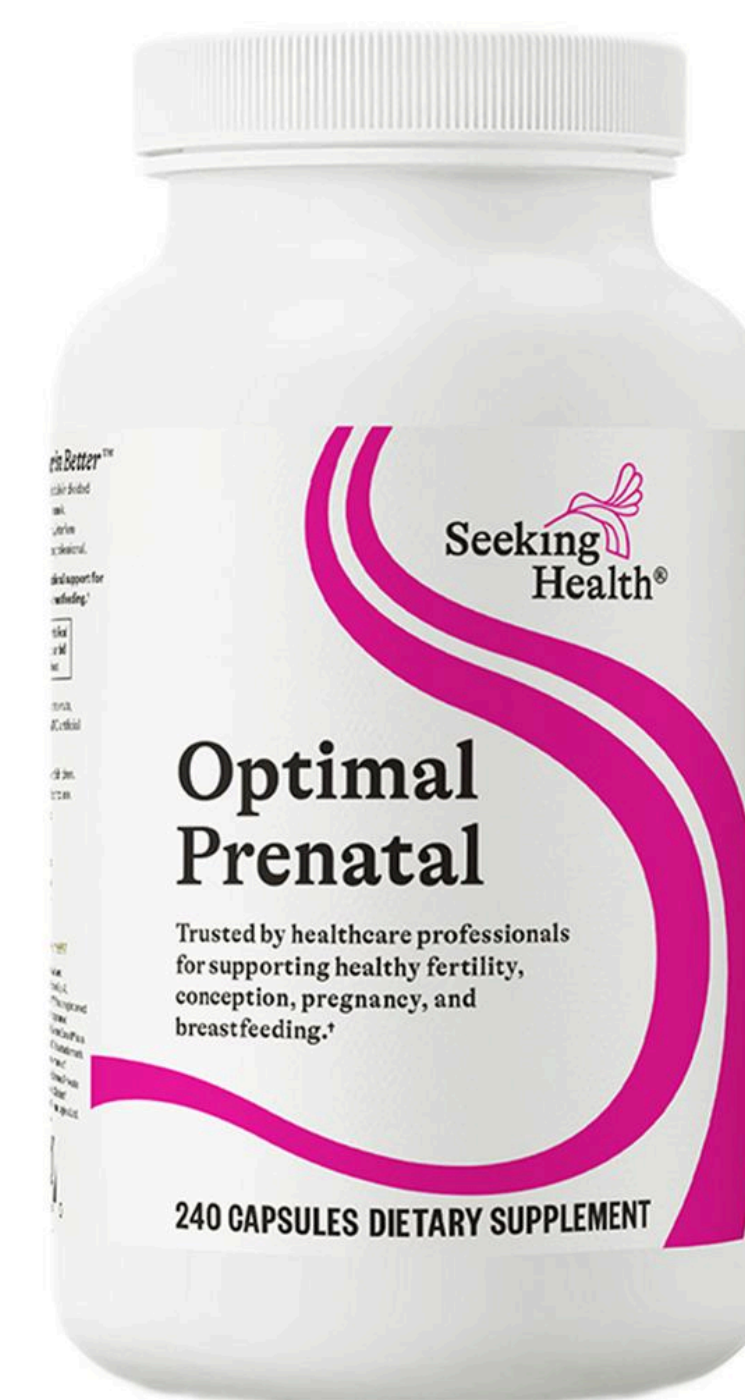
**Lot code:** 411694

**SKU:** [THO-VMP](#)

**Heavy metals:** pass

**Micro:** pass

**Solvents:** pass



## Seeking Health Optimal Prenatal

**Lot code:** W0032455

**SKU:** [SKH-OP240CAPS](#)

**Heavy metals:** pass

**Micro:** pass

**Solvents:** pass



## Seeking Health Prenatal Essentials

**Lot code:** W00335539

**SKU:** [SKH-PE60CAPS](#)

**Heavy metals:** pass

**Micro:** pass

**Solvents:** pass

Learn more about Fullscript's commitment to quality [here](#).



## References

1. Jaishankar, M., Tseten, T., Anbalagan, N., Mathew, B. B., & Beeregowda, K. N. (2014). *Interdisciplinary Toxicology*, 7(2), 60–72. <https://doi.org/10.2478/intox-2014-0009>
2. Schwalfenberg, G., Rodushkin, I., & Genuis, S. J. (2018). *Toxicology Reports*, 5, 390–395. <https://doi.org/10.1016/j.toxrep.2018.02.015>