

Women's health protocol: Pregnancy support



Protocol description

Pregnancy can be challenging for some individuals. From nausea and vomiting to heightened nutritional requirements, supplemental nutrients can be a very useful tool for expecting mothers. ³

This protocol was developed using evidence-based ingredients to support women throughout their pregnancy.

Key ingredients included in the protocol

Healthcare providers commonly recommend prenatal multivitamins to help mothers meet the increased nutritional demands of pregnancy. ⁸ Other supplement ingredients that are not typically included or found in high enough quantities in prenatal multivitamins—including omega-3 fatty acids, ginger, calcium, and magnesium—may also be beneficial during preconception and pregnancy.

Prenatal multivitamin	Supplementation with a prenatal multivitamin may help support the neurological, cardiovascular, and urogenital development as well as the overall health of infants. ⁸
Omega-3 fatty acids	Prenatal supplementation with omega-3 fatty acids may help support infant health and cognitive development. ^{5 6}
Ginger	Prenatal supplementation with ginger may help support nausea and/or vomiting in pregnancy. ¹
Calcium	Prenatal supplementation with calcium may help support maternal blood pressure and overall health as well as infant health. ^{2 7}
Magnesium	Prenatal supplementation with magnesium may help support infant health. ⁴

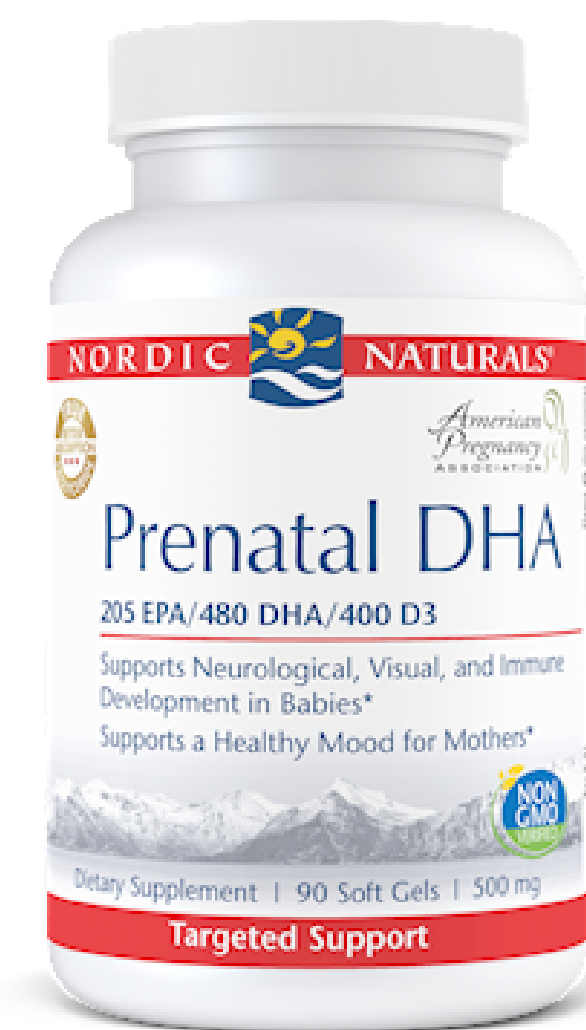
Suggested products

This protocol provides support for expecting mothers from preconception throughout pregnancy.



Basic Prenatal by Thorne

3 capsules, once per day
Prenatal multivitamin formulated for conception, pregnancy, and breastfeeding



Prenatal DHA by Nordic Naturals

2 softgels, once per day
Prenatal, unflavored fish oil supplement containing DHA and EPA



Ginger Extract by Pure Encapsulations

1 capsule, once per day
Standardized *Zingiber officinale* (ginger) extract



Calcium Malate by Designs for Health

2 capsules, twice per day
Elemental calcium bound to malate and formulated with vitamin D for better absorption



Magnesium Citrate by Allergy Research Group

1 capsule, once per day
Bioavailable magnesium capsules



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