Gentle Prenatal contains the same carefully designed combination of vitamins and minerals present in Dr. Fuhrman’s Women’s Daily Formula +D3, but is uniquely tailored to the needs of women who are pregnant or planning to become pregnant. Dr. Fuhrman knows it is imperative that young women protect their health, and the health of their children, by avoiding conventional supplements which have potentially harmful ingredients that could negatively affect them.

There is evidence that too much synthetic folic acid, which is more bioavailable than natural folate, has cancer-promoting effects. High doses of supplemental beta-carotene, vitamin A, and vitamin E have been linked to an increased risk of death in several studies. There is also evidence that supplemental vitamin A contributes to osteoporotic fractures. Importantly, folate, vitamin E, and beta-carotene (a precursor to vitamin A) are all easy to obtain from vegetables, fruits, nuts, and seeds. Anyone following a healthful diet does not need to supplement with these nutrients.

Organic fruit and vegetable blend
A blend of whole foods, such as green vegetables and berries, provides an extra boost of phytochemicals in their natural, whole food state. Dr. Fuhrman’s new whole food blend now includes only organic vegetables and fruits, including broccoli sprouts, goji berry extract, kale, carrot, beet, blueberry and raspberry.

What makes Gentle Prenatal unique?
Contains 18 mg ferronyl iron
Women’s iron needs increase during pregnancy because of increased blood volume, and the iron needs of the developing baby – adequate iron stores are essential for brain development and may also be important for mother-child bonding. However, excess iron is also a problem. It is appropriate for pregnant women to supplement with a conservative dose of iron.
Gentle Prenatal contains more vitamin D than most prenatal formulas, to help pregnant women achieve at least 1000 IU vitamin D. Vitamin D insufficiency in pregnant and nursing women is linked to increased occurrences of preeclampsia and gestational diabetes, poor growth during infancy, and childhood autoimmune disease and asthma.2,19

Vitamin D needs are individual. For many people, 50 mcg (2000 IU) vitamin D is an appropriate daily dose, but some may require more or less. Dr. Fuhrman recommends aiming for 30-45 mcg on a 25(OH)D blood test. Gentle Prenatal provides 25 mcg (1000 IU) vitamin D.

Contains choline
Choline has emerged as a crucial nutrient for pregnant women, since choline acts as a building block of the baby’s developing brain, and most Americans do not choline intake recommendations.2,21 However, most prenatal multivitamins have not yet acted on this research to include choline.

Get folate from vegetables, not folic acid from supplements
Gentle Prenatal does not contain folic acid, a synthetic substitute for natural folate. Folic acid is a potentially dangerous supplement that is typically recommended to pregnant women despite the negative effects associated with it. Folate deficiency is dangerous, especially during early pregnancy because of the risk of neural tube defects. However, it is safer to get folate from food than to get synthetic folic acid – which is different from food folate – from supplements. Because folic acid is more bioavailable, supplementation (along with fortified refined grain products) could lead to excessive amounts of folic acid in the body. There is evidence that excess folic acid has cancer-promoting effects.2,2 Also, some but not all studies have reported folic acid supplementation during pregnancy was associated with a greater risk of asthma in children.22

On the other hand, diets high in vegetables during pregnancy have been linked to better health outcomes, including a lower risk of preeclampsia, preterm birth, and allergies in children.24,25

† Other nutrients are not intended to diagnose, treat, cure or prevent disease.

Other ingredients: hypromellose, vegetable magnesium stearate, silica, and microcrystalline cellulose.

Suggested Use:
Suggested Use: Two capsules daily (best when taken with meals). Capsules can be opened and contents mixed with food or drink.

These supplements have not been evaluated by the Food and Drug Administration.

Other Ingredients: hypromellose, vegetable magnesium stearate, silica, and microcrystalline cellulose.

Suggested Use:
Suggested Use: Two capsules daily (best when taken with meals). Capsules can be opened and contents mixed with food or drink.

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