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.

What makes it 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 problematic. It is appropriate for pregnant women to supplement with a conservative dose of iron. Gentle Prenatal uses Ferronyl iron, which is a highly bioavailable form and gentle on the digestive system. The daily dose of 18 mg iron is split between two capsules to avoid the nausea and constipation commonly associated with iron supplements.

Contains 1000 IU Vitamin D
Gentle Prenatal contains more vitamin D than most prenatal formulas, to help pregnant women achieve optimal vitamin D levels while minimizing the number of supplements they take each day. Vitamin D is an important supplement for pregnant women—during the third trimester, calcium demands increase and vitamin D is essential for calcium absorption and fetal bone growth. The amount of vitamin D currently contained in most prenatal vitamins (400 IU) is inadequate—vitamin D deficiency is common, affecting up to 50% of pregnant women and breastfed infants. Vitamin D insufficiency in pregnant and nursing women puts them at risk of preeclampsia and their children at risk of impaired growth during infancy and increases the risk of autoimmune diseases during childhood.

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 meet choline intake recommendations. However, most prenatal multivitamins have not yet acted on this research to include choline.

It is appropriate for pregnant women to supplement with a conservative dose of iron.
Folic acid supplementation during pregnancy can harm your child
Gentle Prenatal does not contain folic acid, a potentially dangerous supplement that is typically recommended to pregnant women despite the dangers associated with it!
• Folic acid supplementation by pregnant women was shown to increase the risk of childhood asthma by 26%.
• Folic acid supplementation during pregnancy is associated with increased incidence of respiratory tract infections in infants.
• A study of pregnant women in Sweden found an increase in cardiac birth defects when folic acid supplements were used in early pregnancy.
• The children of women who consumed more folate from food (more green vegetables) during pregnancy were less likely to develop ADHD.

**FOLIC ACID SUPPLEMENTATION DURING PREGNANCY CAN HARM YOUR CHILD.**