

A good prenatal vitamin and mineral supplement should contain the following ingredients.

Vitamin A	10,000 IU	Rutin	20 mg
Vitamin D	400 IU	Hesperidin	15 mg
Vitamin E (D-Alpha)	400 IU	Calcium	1000mg
Vitamin B-1	50 mg	Magnesium	500 mg
Vitamin B-2	50 mg	Zinc	30 mg
Folic Acid	800mcg	Iron	40 mg
Niacinamide	100 mg	Copper	3.0 mg
Pantothenic	100 mg	Iodine (kelp)	225 mcg
Vitamin B-6	75 mg	Selenium	150 mcg
Vitamin B-12	150mcg	Chromium	150 mcg
Choline	50mg	Potassium	99 mg
Inositol	50 mg	Manganese	15 mg
PABA	75 mg	Raspberry leaves	100 mg
Lecithin	100 mg	Dandelion leaves	50 mg
Biotin	200 mcg	Yellow Dock	50 mg
Vitamin C	1000 mg	Alfalfa	50 mg
Betaine HCL	150 mg	Nettles	50 mg
Bioflavinoids	100 mg		