

Replete Prenatal Multivitamin Guide

Replete Wellness	Centrum Materna	Jamieson Prenatal	PregVit + PregVit 5	Smarty Pants Chewable	Thorne Basic	NFH Prenatal SAP
Dose	1 tablet ·	1 tablet ·	2 tablets ·	6 gummies ...	2 capsules ...	3 capsules ...
Vitamin A	1000 1U vitamin A acetate ·	1000 1U vitamin A acetate ·	Excluded because vitamin A can cause birth defects.	3000IU vitamin A retinyl palmitate	Excluded because vitamin A can cause birth defects.	Excluded because vitamin A can cause birth defects.
Beta carotene	2500 1U beta carotene ..	1080 mcg beta carotene ..	2700 1U beta carotene ..	5000 1U beta carotene ..	5000 1U beta carotene ..	0
Vitamin C	85 mg ascorbic acid ..	150 mg ascorbic acid ..	120 mg ascorbic acid ..	60 mg ascorbic acid ..	150 mg ascorbic acid ..	175 mg calcium ascorbate ...
Vitamin D3	400 1U cholecalciferol ...	400 1U cholecalciferol ...	250 1U cholecalciferol ...	1,000 1U cholecalciferol ...	400 1U cholecalciferol ...	1000 1U cholecalciferol ...
Vitamin E	30 1U dl-alpha-tocopheryl acetate ...	30 1U d-alpha tocopherol succinate ...	30 1U dl-alpha-tocopheryl acetate ...	30 1U dl-alpha-tocopheryl acetate ...	50 1U d-alpha tocopherol succinate ...	50 1U dl-alpha-tocopheryl acetate ...
Vitamin K	0	0	0	16 mcg vitamin K-2 menaquinone-7	100 mcg vitamin K1 ...	100 mcg vitamin K1 ...
Vitamin B1	1.4 mg thiamine mononitrate ..	3 mg thiamine mononitrate ..	3 mg thiamine mononitrate ..	0.08 mg thiamine mononitrate ..	4.8 mg thiamine HCl ...	100 mg thiamine HCl ...
Vitamin B2	1.4 mg riboflavin ..	3.75 mg riboflavin ..	3.4 mg riboflavin ..	0.17 mg riboflavin ..	4.8 mg riboflavin 5'-phosphate sodium ...	50 mg riboflavin 5'-phosphate sodium ...
Vitamin B3	18 mg niacinamide ...	22 mg niacinamide ...	20 mg niacinamide ...	20 mg niacin .. (may cause flushing)	30 mg niacinamide ...	50 mg niacinamide ...
Vitamin B5	6 mg calcium d-pantothenate ...	10 mg calcium d-pantothenate ...	5 mg calcium d-pantothenate ...	5 mg calcium d-pantothenate ...	18.3 mg calcium d-pantothenate ...	100 mg calcium d-pantothenate ...
Vitamin B6	1.9 mg pyridoxine HCl ..	10 mg pyridoxine HCl ..	10 mg pyridoxine HCl ..	calcium d-pantothenate	15 mg pyridoxal-5'-phosphate ...	50 mg pyridoxal-5'-phosphate ...
Biotin	30 mg biotin ...	30 mcg biotin ...	0	0	50 mcg biotin ...	200 mcg biocytin ...
Vitamin B12	2.6 mcg cyanocobalamin ·	10 mcg cyanocobalamin ·	12 mcg cyanocobalamin ·	10 mcg methylcobalamin ...	40 mcg methylcobalamin ...	1000 mcg methylcobalamin ...
Folate	1000 mcg folic acid ·	1000 mcg folic acid ·	1000 mcg 5000 mcg folic acid ·	800 mcg L-methylfolate ...	800 mcg 5- methyltetrahydrofolate ...	1000 mcg L-methylfolate ...
Calcium	250 mg calcium carbonate ·	200 mg HVP chelate & calcium carbonate	300 mg calcium carbonate ·	0	200 mg calcium citrate malate ...	175 mg calcium citrate ...
Iron	27 mg ferrous fumarate ·	28 mg HVP chelate & ferrous fumarate	35 mg ferrous fumarate ·	0	45 mg iron citrate ...	30 mg iron glycinate ...
Iodine	220 mcg potassium iodide ...	150 mcg kelp ..	150 mcg potassium iodide ...	150 mcg potassium iodide ...	150 mcg potassium iodide ...	150 mcg potassium iodide ...
Magnesium	50 mg magnesium oxide ·	100 mg HVP chelate & magnesium oxide ·	50 mg magnesium oxide ·	0	100 mg magnesium citrate, malate, oxide ...	75 mg magnesium citrate ...
Zinc	7.5 mg zinc oxide ·	20 mg HVP chelate & zinc oxide ·	15 mg zinc oxide ·	6.5 mg zinc citrate ...	25 mg zinc citrate ...	25 mg zinc citrate ...
Selenium	30 mcg sodium selenate ·	0	0	0	50 mcg selenomethionine ...	50 mcg selenomethionine ...
Copper	1 mg cupric sulphate ·	1 mg HVP chelate ·	2 mg cupric oxide ·	0	1.8 mg copper citrate ...	2 mg copper citrate ...
Manganese	2 mg manganese sulphate ·	5 mg HVP chelate ·	0	0	4.8 mg manganese citrate ...	5 mg manganese citrate ...
Chromium	30 mcg chromium chloride ·	25 mcg HVP chelate ·	0	0	100 mcg chromium citrate ...	100 mcg chromium polynicotinate ...
Molybdenum	50 mcg sodium molybdate ·	0	0	0	50 mcg molybdenum citrate ...	50 mcg molybdenum citrate ...
Potassium	0	0	0	0	0	75 mg potassium citrate ...
Fish Oil	0	0	0	455 mg	0	0
Phosphatidylcholine	0	0	0	12 mg	0	0
Boron	0	0	0	0	0	700 mcg boron citrate ...
Additional Ingredients	ascorbyl palmitate, BHT, calcium phosphate, celluloses, citric acid, corn starch, crospovidone, FD&C red no. 40, gelatin, lactose, magnesium stearate, mineral oil, polysorbate 80, silicon dioxide, sodium benzoate, sodium citrate, sodium lauryl sulfate, sorbic acid, soybean oil, stearic acid, sucrose, titanium dioxide, triethyl citrate Does not contain	Cellulose, Modified Cellulose Gum, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Natural Peppermint Flavour, Water-Soluble Cellulose, Brazilian Palm Tree Wax.	ammonium hydroxide, N-butyl alcohol, carnauba wax, D&C Red #27, FD&C Blue #1, FD&C Blue #2, FD&C Red #40, FD&C Yellow #6, isopropyl alcohol, macrogol/PEG 3350, magnesium stearate, microcrystalline cellulose, polyvinyl alcohol, propylene glycol, shellac glaze, simethicone, sodium croscarmellose, sodium lauryl	Organic Cane Sugar, Organic Tapioca Syrup, Gelatin, Pectin, Citric Acid, Natural Flavors (Orange, Lemon, Strawberry Banana), Natural Colors Added (Annatto, Organic Turmeric, Organic Black Carrot Juice Concentrate), Medium Chain Triglycerides From Coconut Oil and Carnauba Wax.	Hypromellose (derived from cellulose) capsule, L-Leucine, Silicon Dioxide	Vegetable magnesium stearate, microcrystalline cellulose, silicon dioxide, and dicalcium phosphate, vegetable capsule is composed of non-GMO carbohydrate gum and purified water.
COST PER MONTH	1000 1U vitamin A acetate ·	1000 1U vitamin A acetate ·	Excluded because vitamin A can cause birth defects.	3000IU vitamin A retinyl palmitate	Excluded because vitamin A can cause birth defects.	\$19.50-22.25

· = low bioavailability .. = moderate bioavailability ... = high bioavailability