

# Prenatal Supplement Comparison

Brand and daily capsule amount in ( )	Seeking Health Optimal Prenatal Capsules (8)	Seeking Health Optimal Prenatal Powder – vanilla (1 scoop)	Seeking Health Optimal Prenatal Chewable (2)	Thorne Basic Prenatal (3)	Pure Encapsulations PreNatal Nutrients (2)	Designs For Health Prenatal Pro (6)	Klaire Labs Prenatal & Nursing (3)
<b>Vitamin A</b>	1500 mcg RAE (50% beta carotene, 50% retinyl palmitate)	1500 mcg RAE (50% beta carotene, 50% retinyl palmitate)	1500 mcg RAE (50% beta carotene, 50% retinyl palmitate)	1050 mcg (450mcg beta carotene, 600mcg palmitate)	2400 mcg (beta carotene)	5000IU (3000 mcg) (carotenoids)	1500mcg (80% carotenes, 20% palmitate)
<b>Vitamin C</b>	350mg	350mg	350mg	150mg	70mg	500mg	100mg
<b>Vitamin D3</b>	2000IU	2000IU	1000IU	1000IU	600IU	1000IU	50mcg
<b>Vitamin E</b>	130mg	130mg	67mg	33.5mg	12mg	40IU (26.8mg)	40mg
<b>Vitamin K1</b>	-	-	-	100mcg	90mcg	100mcg	30mcg
<b>Vitamin K2</b>	100mcg	100mcg	80mcg	-	-	-	30mcg
<b>Thiamin</b>	5mg	5mg	4mg	5mg	1.6mg	50mg	3.4mg
<b>Riboflavin</b>	20mg	20mg	4mg	5mg	1.7mg	30mg	4mg
<b>Niacin</b>	25mg	25mg	25mg	30mg	20mg	30mg	20mg
<b>B6</b>	20mg	20mg	5mg	12mg	2.2mg	50mg	15mg
<b>Folate</b>	800mcg (5MTHF and calcium folinate)	800 mcg (5MTHF and calcium folinate)	800mcg (5MTHF and calcium folinate)	1700mcg (1mg L-5 MTHF, glucosamine salt)	1667mcg (600mcg L-5 MTHF, 400mcg folic acid)	800mcg (NatureFolate™)	800mcg (L-5 MTHF)
<b>B12</b>	150mcg (methyl, adenosyl)	150mcg (methyl, adenosyl)	100mcg (methyl, adenosyl)	200mcg (methyl)	2.6mcg (methyl)	500mcg (methyl)	500mcg (methyl)
<b>Biotin</b>	500mcg	500mcg	500mcg	50mcg	300mcg	300mcg	300mcg
<b>Pantothenic Acid</b>	150mg	150mg	25mg	18mg	6mg	50mg	10mg
<b>Choline</b>	250mg	250mg	-	-	100mg	100mg	150mg
<b>Calcium</b>	400mg (malate)	430mg (malate)	100mg (malate)	180mg (citrate and malate)	200mg (malate)	450mg (malate)	100mg
<b>Iodine</b>	250mcg	250mcg	150mcg	150mcg	150mcg	200mcg	150mcg
<b>Iron</b>	-	3mg (4mg in chocolate)	-	45mg (bisglycinate)	27mg (glycinate)	30mg (bisglycinate)	27mg (bisglycinate)
<b>Magnesium</b>	250mg (malate)	250mg (malate)	100mg (malate)	90mg (citrate, malate)	80mg (citrate)	200mg (malate)	125mg (glycinate, oxide)
<b>Zinc</b>	20mg	20mg	7mg	25mg	15mg	20mg	15mg
<b>Selenium</b>	200mcg	200mcg	70mcg	50mcg	70mcg	200mcg	50mcg

Copper	.75mg	-	.5mg	2mg	1mg	1mg	.5mg
Manganese	5mg	5mg	2mg	5mg	2mg	3mg	
Chromium	120mcg	120mcg	120mcg	100mcg	120mcg	400mcg	75mcg
Molybdenum	100mcg	100mcg	75mcg	50mcg	75mcg	100mcg	10mcg
Potassium	99mg	115mg (230mg in chocolate)	-	-	-	-	-
Red Raspberry	250mg	250mg	-	-	-	-	-
Inositol	150mg	150mg	-	-	-	100mg	-
Betaine HCL	150mg	300mg	-	-	-	-	-
Betaine Anhydrous (TMG)	-	-	150mg	-	-	-	-
L-Carnosine	150mg	150mg	-	-	-	-	-
Ginger	100mg	200mg	-	-	-	-	-
CoQ10	75mg	75mg	50mg	-	-	-	-
Milk Thistle	75mg	75mg	75mg	-	-	-	-
Taurine	50mg	550mg	-	-	-	-	-
Mixed Tocopherols	45mg	45mg	-	-	-	250mg	3.3mg
Lutein	5mg	5mg	5mg	-	-	-	-
Zeaxanthin	5mg	5mg	2.5mg	-	-	-	-
Acetyl L Carnitine	-	500mg	-	-	-	-	-
Boron	-	-	1mg	1mg	-	1mg	-
Vanadium	-	-	75mcg	-	-	-	-
Carotenoid Blend (Lutein, Lycopene, Zeaxanthin)	-	-	-	-	450mcg	-	25mcg
Grapeseed Extract	-	-	-	-	-	50mg	-

\*These professional brand supplements can be purchased at [PureFormulas.com](http://PureFormulas.com) or [SeekingHealth.com](http://SeekingHealth.com)