

Brand	Recommended pills per serving	Folic acid per serving and type	Iron per serving	Vitamin D per serving	DHA per serving	Cost per serving on Amazon	Note
<a href="#">NFH Prenatal SAP</a>	3 capsules per day with food	1mg L-Methylfolate	30mg	1000 IU	-	\$0.68	Decent price, few patients get nauseated on it and is preferred choice for many NDs.
<a href="#">Seroyal Pregna Vite</a>	3 capsules per day with food	1mg	27mg	1000 IU	-	\$0.63	Watch out in patients with liver congestion-- makes morning sickness horrendous
<a href="#">Metagenics Wellness Esesntials Pregnancy Packets</a>	1 package per day	1mg	30mg	1000 IU	580mg	\$1.65	single-serving packets so you can take them with you and it also has omegas in it as well
<a href="#">Vita Aid Perinatal Multi+</a>	2 capsules per day	0.8mg 5-methyltetrahydrofolate	30mg	1000 IU	-	?	new brand and has good dosages of vitamins. 5-MTHF compatible and with some probiotics. Professional brand only.
<a href="#">Progressive Multi Vitamins Prenatal Formula</a>	3 capsules per day	0.9mg	18mg	400 IU	10.5mg	\$0.67	nice combo of nutrients and pregnancy safe herbs. Note that the bottle size is 120 capsules so while it is cheaper than other brands, when you look at the cost per serving, it's right up there with the rest.
<a href="#">Seeking Health Optimal Prenatal</a>	8 capsules per day	0.8mg 5-methyltetrahydrofolate and calcium folinate	-	2000 IU	-	\$2.00	Compatible with MTHFR, does not smell or trigger nausea, and have bioavailable nutrients. Gentle herbs, but 8 CAPSULES/d!
<a href="#">Ortho Molecular Prenatal Complete with DHA</a>	4 capsules per day	1mg 5-methyltetrahydrofolate	30mg	2000 IU	580mg	\$2.00	Compatible with MTHFR, do not smell or trigger nausea, and have bioavailable nutrients.
<a href="#">Pro Thera Prenatal Formula</a>	3 capsules per day	0.8mg 5-methyltetrahydrofolate	27mg	2000 IU	-	\$0.75	Pills aren't horse pills and it contains great doses of all the essential vitamins needed during pregnancy. It has methylated vitamins for those who need it too!
<a href="#">New Chapter Perfect Prenatal</a>	3 tablets per day	0.6mg	18mg	1000 IU	-	\$0.72	I like that it gets it vitamins from whole foods and is certified Organic and GMO free.
<a href="#">Thorn Research - Basic Prenatal</a>	3 capsules per day	1mg 5-methyltetrahydrofolate and calcium folinate	45mg	1000 IU	-	\$0.86	Higher levels of iron for deficient patients