



Supplements for Pregnant and Nursing Women

Studies by the American Heart Association and the Food and Drug Administration have shown that less than 2% of pregnant or lactating women consume the recommended intake of omega-3 fatty acids. The studies show that mothers who add omega-3 fatty acids to a balanced diet improve their baby's brain, eye and heart development. Omega-3 fatty acids may also decrease the risk of pre-term labor.

Her Healthcare recommends adding omega-3 supplements to pregnant and nursing patients not currently taking prenatal vitamins. For those considering adding prenatal vitamins to their current diet, many prenatal vitamins contain the recommended dose. Omega-3 can also be purchased in supplement forms such as: Expecta, Martek DHA, or as a generic equivalent for those whose current prenatal vitamins do not contain the daily recommended dose. The recommended dose for Omega-3 supplements is 650mg, of which 300mg is DHA.

There is also data that shows women who take probiotics during pregnancy may have babies with lower risks of childhood allergy including food allergy and asthma.