PRENATAL VITAMIN COMPARISON

			Other Supplement Companies					OTC		Prescription Only		
Nutrient	Units	ECLECTIC INSTITUTE OPTINATAL	NF Prenatal Formula	NF Prenatal 2	Tyler Prenatal	Thorne Research Prenatal	Metagenics Multigenics Prenatal	Meade Johnson Natalins	Stuart Prenatal	Lederle Materna	Meade Johnson Natalins Rx	StuartNatal 1+1
Vitamin A	IU	5000	5000	4000	0	0	4000	4000	4000	5000	4000	4000
Beta-carotene	IU	5000	5000	2500	10,000	5000	4000	0	0	0	0	0
Vitamin D	IU	400	400	400	200	400	400	400	400	400	400	400
Vitamin E	IU	400	400	100	200	50	30	15	11	30	15	11
Vitamin K	mcg	25	30	15	30	100	65	0	0	0	0	0
Vitamin C	mg	1000	500	250	500	150	120	70	100	100	80	120
Folic Acid	mcg	800	800	800	800	800	800	500	800	1000	1000	1000
Vitamin B^1	mg	50	20	10	50	5	3.4	1.5	1.5	3	1.5	1.5
Vitamin B^2	mg	50	20	10	50	5	3.4	1.6	1.7	3.4	1.6	3
Vitamin B^6	mg	75	50	30	85	15	10	2.6	2.6	10	4	10
Vitamin B^{12}	mcg	150	150	100	200	20	12	2.5	4	12	2.5	12
Niacinamide	mg	100	20	20	60	30	40	17	18	20	17	20
Pantothenic Acid	mg	100	50	25	50	20	20	0	0	10	7	0
Biotin	mcg	200	300	300	300	50	300	0	0	30	30	0
PABA	mg	50	50	25	25	0	0	0	0	0	0	0
Calcium	mg	1000	1000	250	1000	200	520	200	200	250	200	200
Phosphorus	mg	0	0	0	0	0	100	0	0	0	0	0
Magnesium	mg	500	1000	125	500	100	200	100	0	25	100	0
Zinc	mg	30	25	20	30	25	25	15	25	25	25	25
Iron	mg	50	50	40	40	45	50	30	60	60	60	65
Iodine	mcg	150	150	150	200	150	175	0	0	150	0	0
Potassium	mg	99	99	0	100	0	0	0	0	0	0	0
Manganese	mg	15	10	7	15	5	5	0	0	5	0	0
Selenium	mcg	150	100	100	75	50	12.5	0	0	0	0	0
Chromium	mcg	150	100	200	150	100	25	0	0	25	0	0
Choline	mg	50	25	12.5	50	0	0	0	0	0	0	0
Inositol	mg	50	25	12.5	50	0	50	0	0	0	0	0
Copper	mg	2	3	2	2.5	2	2	1.5	0	2	3	2
Lecithin	mg	100	150	0	0	0	0	0	0	0	0	0
Bioflavonoids	mg	100	200	25	75	0	0	0	0	0	0	0
Rutin	mg	20	10	5	20	0	0	0	0	0	0	0
Hesperidin	mg	15	10	5	20	0	0	0	0	0	0	0
Betaine HCL	mg	150	0	0	50	0	0	0	0	0	0	0
Raspberry Leaves	mg	100	50	0	0	0	0	0	0	0	0	0
Dandelion Leaves	mg	50	0	0	0	0	0	0	0	0	0	0
Yellow Dock	mg	50	50	0	0	0	0	0	0	0	0	0
Alfalfa	mg	50	0	0	0	0	0	0	0	0	0	0
Nettles	mg	50	0	0	0	0	0	0	0	0	0	0
Ginger	mg	25	0	0	0	0	0	0	0	0	0	0