

Pre-Natal Multivitamin Comparison Chart

	Materna 1 tablet daily	Preg-Vit/Preg-Vit 5 2 tablets (AM/PM)	NFH Prenatal SAP 3 capsules	Cytomatrix Prenatal 4 capsules
Vitamin A	2500 IU beta carotene & 1000 IU Vitamin A acetate Vitamin A acetate 1000 IU	2700 IU beta carotene	N/A	5000 IU beta carotene
Vitamin C	85 mg	120 mg	175 mg	150 mg
Vitamin D	400 IU cholecalciferol	250 IU cholecalciferol	1000 IU cholecalciferol	400 IU cholecalciferol
Vitamin E	30 IU	30 IU	50 IU	25 IU
Folate/Folic Acid	1 mg folic acid	1.1 OR 5 mg folic acid	1 mg L-methylfolate	1 mg L-methylfolate
B Vitamins	B1 1.4 mg B2 1.4 mg B3 18 mg B5 6 mg B6 (pyridoxine HCl) 1.9 mg B12 (cyanocobalamin) 2.6 mcg	B1 3 mg B2 3.4 mg B3 20 mg B5 5 mg B6 (pyridoxine HCl) 10 mg B12 (cyanocobalamin) 12 mcg	B1 100 mg B2 50 mg B3 50 mg B5 100 mg B6 (pyridoxal-5'-phosphate) 30 mg B12 (methylcobalamin) 1000 mcg	B1 5 mg B2 1.5 mg B3 30 mg B5 10 mg B6 (pyridoxal-5'-phosphate) 25 mg B12 (methylcobalamin) 20 mcg
Calcium	250 mg Ca carbonate	300 mg Ca carbonate	175 mg Ca citrate	348 mg Ca citrate
Magnesium	50 mg Mg oxide	50 mg Mg oxide	75 mg Mg citrate	170 mg Mg citrate
Iron	27 mg Fe fumarate	35 mg Fe fumarate	30 mg Fe glycinate	45 mg Fe citrate
Minerals	Copper, Iodine, Zinc, Chromium, Manganese, Molybdenum, Selenium	Copper, Iodine, Zinc	Copper, Iodine, Zinc, Chromium, Manganese, Molybdenum, Selenium, Boron, Potassium	Copper, Iodine, Zinc, Chromium, Manganese, Molybdenum, Selenium, Choline
Non Medicinal Ingredients	Ascorbyl palmitate, BHT, calcium phosphate, citric acid, corn starch, crospovidone, FD&C Red No. 40, gelatin, hypromellose, lactose, magnesium stearate, methylcellulose, microcrystalline cellulose, mineral oil, modified food starch, polysorbate 80, silicon dioxide, sodium aluminosilicate, sodium auryl sulfate, sorbic acid, soybean oil, stearic acid, sucrose, titanium dioxide, triethyl citrate	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 sulfate, starch (corn starch), talc, titanium dioxide	Vegetable magnesium stearate, microcrystalline cellulose, silicon dioxide, and dialcium phosphate.	Microcrystalline cellulose, Capsule: hydroxypropylmethylcellulose