

The Pregnancy Naturopath

DOSAGE REQUIREMENTS FOR PREGNANCY

NUTRIENT	RDI	SUPPLEMENTAL DOSE RANGE
Vitamin A 1	2600IU	Up to 10,000
Vitamin B1 (thiamine)	1.4 mg	50-100 mg
Vitamin B2 (riboflavin)	1.4 mg	50 mg
Vitamin B3 (niacin)	18 mg	25-50 mg
Vitamin B5 (Pantothenic acid)	5 mg	50-200 mg
Vitamin B6 (Pyridoxine)	1.9 mg	50-250 mg
Pyridoxal 5 Phosphate (P5P)	No guidelines available	10-50 mg
Vitamin B9 (Folic acid)	600 mcg	800-5,000 mcg
Folinic Acid	No guidelines available	500-4,000 mcg
L-5-MTHF	No guidelines available	400-3,000 mcg
Vitamin B12 (cyanocobalamin)	2.6 mcg	800-2,000 mcg
Vitamin C	60 mg	1,000-3,000 mg
Vitamin D 2	200 IU /5 mcg	1,000-4,000 IU
Vitamin E	10 IU / 7 mg	500-1,000 IU
Vitamin K	60 mcg	75 mg
Beta-carotene 1	800 mcg RE	Up to 10 mg
Bioflavonoids	No guidelines available	600-1,500 mg
Biotin	30 mcg	500-5,000 mcg
Choline	440 mg	1,000-2,000 mg
Inositol	No guidelines available	25 mg
PABA	No guidelines available	500 mg
Co Enzyme Q10	No guidelines available	100-600 mg
Alpha Lipoic Acid	No guidelines available	100-300 mg
Calcium	1,000-1,300 mg	500-1,500 mg

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NUTRIENT	RDI	SUPPLEMENTAL DOSE RANGE
Chromium 3	30 mcg	100-400 mcg (4 mcg /kg)
Copper 4	1.3 mg	1-2 mg
Iodine 5	220 mcg	250-400 mcg
Iron 6	27 mg	10-100 mg
Magnesium	350 mg	500-1,000 mg
Manganese	5 mg	10 mg
Potassium	2800 mg	3-6 g
Selenium	65 mcg	100-200 mcg
Silica	No guidelines available	20-30 mg
Zinc	11 mcg	40-80 mg
Omega 3 (total)	No guidelines available	1,000-5,000 mg
Omega 6 (total)	No guidelines available	1,000-2,000 mg
DHA	220 mg	600-800 mg
EPA	220 mg	800-1,200 mg
Evening Primrose Oil	No guidelines available	1,000-1,500 mg
Probiotics (mixed strain)	No guidelines available	25-50 x 10

From: Hechtman L, 2011. Clinical Naturopathic Medicine. Elsevier Australia.

References

1. Retinol equivalents are now used: 1 mcg RE = 1 mcg retinol =6 mcg Beta-carotene = 12 mcg other carotenoids.
2. Prescribe based on pathology results.
3. Dose dependant on BSL control and weight requirements.
4. Avoid in instances of Wilson's disease (assess prior to prescription) and ensure that prescription is only recommended when Zinc: Copper ratio is considered.
5. Assessment prior to prescription is essential and should only be conducted when thyroid function values can be reviewed.
6. Prescription must have pathology interpretation prior to recommendation to determine required dosage.