

Prenatal Vitamins

Brand	Product	Nutrients																		Contaminants			
		Vitamin A (tested) mcg per serving	Vitamin A (label) mcg per serving	Vitamin C (tested) mg per serving	Vitamin C (label) mg per serving	Vitamin D3 (tested) mcg per serving	Vitamin D3 (label) mcg per serving	Vitamin E (tested) mg per serving	Vitamin E (label) mg per serving	Vitamin B2/ Riboflavin (tested) mg per serving	Vitamin B2/ Riboflavin (label) mg per serving	Vitamin B9 (tested) mcg DFE per serving*	Vitamin B9 (label) mcg DFE per serving*	Calcium (tested) mg per serving	Calcium (label) mg per serving	Iron (tested) mg per serving	Iron (label) mg per serving	Zinc (tested) mg per serving	Zinc (label) mg per serving	As (µg/kg)	Cd (µg/kg)	Hg (µg/kg)	Pb (µg/kg)
CAPSULES/TABLETS/SOFTGELS																							
Bird&Be**	Complete Prenatal Pack	665	540	106	100	34.3	25	19.4	17	1.5	1.5	1612	1667	NA	NA	28.1	27	16.1	13	3.8	9.2	1.1	24.1
Carlyle	For Her Prenatal Multi-Vitamin & Mineral Formula	636	600	91.2	100	37.8	25	4.7	3.3	2.8	3	959	800	206	200	32	27	15.7	15	19.7	59.9	0.3	140
Needed	Prenatal Multivitamin	592 mcg beta-carotene, 598 mcg r. palmitate	375 mcg beta-carotene, 375 mcg r. palmitate	32.4	75	59.1	50	10.1	10	NA	5	812	918	NA	NA	NA	NA	16.6	15	18.8	13.8	ND	66.2
Perelel**	1st Trimester Prenatal Pack - Core Prenatal only	202	500	44.6	50	58.6	50	6.3	10	1.0	3	1311	700	NA	NA	16.2	16	11.6	11	51.2	19.5	1.3	60.7
Pink Stork	Total Prenatal + DHA	995	1300	110	120	13.2	15	19.5	19	1.3	1.6	1180	600	199	195	27.4	27	13.1	13	19.7	225	1.6	90.8
Seeking Health	Optimal Prenatal	NA	1500	342	350	113.7	100	141	130	NA	10	813, 741, 456	680, 680, 300	409	400	NA	NA	20.2	20	22.6	12	ND	33.9
Spring Valley	Prenatal Mini Multivitamin/ Mineral Supplement	832	650	53.2	60	13.1	10	17.3	20.1	2.3	2	1251	1330	235	200	30.8	28	18.1	15	56.3	187	1.1	27.9
Thorne	Basic Prenatal	836 mcg beta-carotene, 1012 mcg r. palmitate	450 mcg beta-carotene, 600 mcg r. palmitate	148	150	25.2	25	46.7	33.5	NA	5	1808	1700	243	180	54.5	45	31.2	25	18.4	32.9	0.5	91.7
Up&Up	Prenatal Daily Vitamins	705	1200	113	120	14.0	10	25.7	13.5	1.7	1.7	1586	1360	215	200	26	28	26.9	25	96.4	114	0.9	219
GUMMIES																							
Amazon Basics	Prenatal & DHA	1842	650	51.7	20	27.6	20	20.0	19	NA	NA	473	600	NA	NA	NA	NA	4.6	3.8	2.1	0.8	ND	8.7
Centrum	PreNatal Multivitamin Gummy	1760	650	70.0	20	37.0	20	50.6	19	NA	NA	468	600	NA	NA	NA	NA	4.9	3.8	3.2	0.8	ND	3.8
CVS Health	Prenatal Gummies	583	650	39.7	20	29.3	20	47.5	19	NA	NA	499	600	NA	NA	NA	NA	5.0	3.8	2.1	ND	0.4	4.7
Nature Made	Prenatal Folic Acid + DHA + Choline Gummies	935	650	106	30	33.7	25	30.1	15	NA	NA	865	600	150	130	NA	NA	3.0	2.6	21.5	1.7	ND	2.3
Oilly	The Essential Prenatal Folic Acid + DHA	2025	650	65.5	30	31.3	20	42.9	14.3	NA	NA	624	667	NA	NA	NA	NA	3.6	3.0	3.0	0.7	ND	1.6
One A Day	Prenatal Multi Gummy	729	650	111	60	37.9	30	22.8	12.7	NA	NA	376	1330	NA	NA	NA	NA	3.2	2.6	2.3	1.8	ND	3.2
SmartyPants	Prenatal Organic Multi & Omegas	702	520	147	48	8.5	30	17.4	14.3	0.2	0.2	987	600	NA	NA	NA	NA	4.3	3.9	1.3	ND	ND	5.9
Vitafusion	Prenatal	713	650	63.0	20	23.8	20	20.5	19	NA	NA	972	600	NA	NA	NA	NA	4.7	3.8	2.4	1.4	ND	2.1

NA = Not available or not applicable.
ND = Not detected above Method Detection Limit (MDL).
*Conversion factor applied.
**For heavy metals testing, all tablets/softgels/capsules were tested.
Note: Results have been rounded to the nearest tenth.