



Prenatal Necessities

Indicated for Pregnancy Health

With over 35 years of OB practice, Dr. Baker recommends that women should take a prenatal daily vitamin in conjuncture with the following:

- **Vitamin D 5,000:** Decreases chances of C-Section, illnesses, and helps bone development in the newborn (if breastfeeding, by fortifying breastmilk.)
- **Iodine:** Healing Iodine (up to 1,2000 mg once a day) can help decrease autism risk.
- **Probiotics:** Healing Probiotic taken between meals to decrease preterm delivery and perinatal infection.
- **Fish Oil:** Healing Omega is a health factors to support fetal exe and brain development. Helps mother's joints, lipids and moods.
- **5 Methyl B Complex + Folate:** 5 mg of methylfolate to decrease birth defects and help maternal mood by decreasing anxiety and depression.



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