

General Pregnancy Guidelines:

- Vit D3 5000IU
- Folic Acid (as folates and never as "folic acid")- 800mcg (for 1st trimester) minimum, prefer as MTHF-folate (R/O MTHFR issue)- may go up to 5mg daily or even more if there are MTHFR concerns or history of autism
- Folinic acid- 1mg daily (needed specifically for neurological development)
- Omega 3's (especially by 2nd half)- 1000mg
- Zinc if deficient
- Cal mag by 2nd trimester when bones start to form
- Bowel support with mag citrate if constipation is a problem
- Prenatal (Thorne 3 daily or Seeking Health)- note that most other brands use synthetic "folic acid" that competes with good folates for absorption across the BBB

Others to consider:

- CoQ10- 100mg
- Minerals
- Baby aspirin (if Factor V issues or clotting tendency or previous miscarriages)

Help for nausea:

- B6
- Nux vomica
- K2
- Homeopathic blends

Ok to help sleep:

- Benedryl
- Melatonin in low doses
- Theanine
- Seriphos

If risk of loss of pregnancy (progesterone not rising early):

- 50-100mg progesterone vaginal suppositories up through week 12 of pregnancy (when the placenta kicks in and starts making enough progesterone on its own)

Foods to avoid:

- Blue cheese or other non-pasteurized cheeses
- Alcohol
- Coffee (limit caffeine to less than 100mg max)

- Sushi (raw fish)
- Anything that is undercooked or at risk of bacterial contamination

Labs:

- MTHFR gene test for folic acid metabolism (SpectraCell or 23andme)
- Factor 5 liadin (if previous miscarriage or clotting risk in family)
- Ferritin (iron stores)- especially important by 2nd trimester, but good to establish a baseline
- Iron and TIBC
- Vit D3 25-OH
- Progesterone
- Quantitative HCG (helps determine how pregnancy is progressing)- only needed in the early phases
- Consider a Genova NutrEval test to assess overall nutrient status (or metametrix ION)
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