

bintö

AN EXPERT GUIDE TO

Choosing the Right Prenatal Vitamin

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Welcome to your guide to navigating prenatal vitamins.

Are you agonizing over which prenatal supplements to take and which brand to buy? We know the feeling. How do you decide which brand to go with and what to look for, especially when choosing something as important as your daily prenatal vitamin?

In this guide, we will walk you through the things our fertility experts at Binto look for when curating and researching brands. We'll show you what to look for and what to avoid, so you can be confident knowing you're giving your baby the best care possible.

XX,
Team Binto

First, what are prenatal vitamins for?

Prenatal vitamins help prepare your body for the process of conception and the pregnancy itself. It is critical to have certain amounts of vitamins and minerals in your body during these times. Research shows that a prenatal can help reduce nausea, increase fertility, decrease the chance of birth defects, and help give you an overall healthier body (not to mention fuller hair and glowing skin).

What to look out for:

THE BRAND: Try to find a prenatal that comes from a sustainable company, or a green company. You want to find a company that has a passion for you, your health, and the environment. We love companies like Garden of Life, Rainbow Light, Megafood, Thorne, and, obviously, Binto!

THE INGREDIENTS: This is the MOST important thing to look out for when choosing your prenatal. Anything that you ingest while trying to conceive needs to be safe and chemical free in the hopes that you become pregnant. Prenatal vitamins are not regulated by the FDA, therefore, you need to take the time to review ingredients yourself.

Ingredients You Need

- **IRON** is critical in the creation of your baby's cells. Pregnant women and women attempting conception need iron in case of anemia during pregnancy.
- **CHOLINE** is critical for fetal brain development
- **FOLIC ACID** is important in the prevention of neural tube defects
- **DHA/OMEGA 3 FATTY ACIDS** are important components in helping brain development of the fetus
- **VITAMINS C, D, AND CALCIUM** are critical to providing much-needed calcium for women's bone health, and to help build your baby's bones! When you're looking for vitamin D, make sure it's vitamin D3 as cholecalciferol.
- **VITAMIN B6** will help decrease nausea and vomiting

What to Avoid

- **HIGH LEVELS OF VITAMIN A** have been linked to severe birth defects. You should consume no more than 10,000 international units of vitamin A per day. You'll want to look for vitamin A as beta carotene in your ingredients.
- **FILLER INGREDIENTS** should be avoided. You want to try and find a prenatal vitamin that has a food base - no byproduct or gluten meal! This will also make digestion easier.



Binto's Prenatals

Our prenatal vitamins were formulated by women's health professionals with mamas like you in mind. We selected ingredients backed by clinical research to help support a healthy pregnancy.

GUIDELINES FROM THE AMERICAN CONGRESS OF OBSTETRICIANS AND GYNECOLOGISTS (ACOG)

At Binto, all of our prenatal vitamins must meet standards put out by the governing body, ACOG. ACOG says each vitamin must contain *no less* than 400 mcg of folic acid for the prevention of neural tube defects in newborn babies. Vitamins should also contain at least 1,000 units of calcium to promote fetal bone growth.

- We use the most **gentle form of iron**, which helps to relieve constipation and maintain regular bowel movements
- We formulate our prenats with **choline**, an essential nutrient that helps support fetal brain development and placenta growth. You can find choline in most foods, but you should look for a prenatal with at least 30mg (like in Bintö's prenats).
- We use **methylated folate**, the more active form of folic acid, to help prevent neural tube defects in your baby
- We include **B vitamins and ginger** to help with nausea during your pregnancy.
- Our prenatal is formulated with NO corn, soy, yeast, salt, gluten, milk & egg products, sugar, starch, or preservatives
- Traditional supplement companies use forms of calcium that cause constipation. Our **tricalcium phosphate** will keep your system moving as it should, while also supporting your baby's bone development
- Our **DHA Omega 3** is derived from algae oil, instead of fish oil, meaning it's vegan, provides the critical fatty acid for fetal brain development, and it won't give you fishy burps.
- We include pre and probiotics in our **synbiotic** to support fetal gut health
- We personalize your supplement packets for your **individual pregnancy needs**, and provide access to our clinical team
- We deliver your prenatal supplements to your door every month, for **half the price** you'll see at other stores

We don't believe in a one-size-fits-all approach to healthcare.

We founded Binto with the knowledge that every woman's body and experience of conception and pregnancy is different. We're here to help you find what works for you, and help make your pregnancy journey as easy and stress-free as possible. That's why we worked to create a prenatal supplement with everything you need – and nothing you don't.

Our healthcare professionals are always available to answer questions and help individualize your supplement regimen to best fit your needs. **To order your Binto prenatal or chat with one of our health professionals about your supplement needs, head to our website, mybinto.com.**

SOURCES: This booklet was written by BINTO health professionals as part of our e-book informational series. You can find more information on a range of topics from PAP smears to postpartum planning at mybinto.com.