

Starting the Conversation

Here are some ideas on how you can have a productive conversation on prenatal vitamins with your healthcare provider.

(Print this page so you can bring it to your appointment.)

1) Start by discussing with your doctor where you are in the pregnancy journey:

I am
planning

I am
pregnant

I am
pregnant again

2) Next, discuss any concerns you may have or what you are specifically looking for in your prenatal vitamin.

No concerns.
I am simply
looking for a:
complete
prenatal
vitamin

I am looking for a
prenatal vitamin
that may help
address:
nausea and
vomiting

I have difficulty
swallowing
large
pills.

I have a history of
iron-deficiency
and may need
extra iron in my
prenatal vitamin.



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VITAFOL[®] ULTRA OR **VITAFOL[®] One**

Ask your doctor about
VITAFOL[®] Gummies

Ask your doctor about
VITAFOL[®] Fe+