

Editorial Note on Prenatal Vitamins

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EDITORIAL NOTE

When a woman reaches childbearing age, it might be advisable to begin taking prenatal vitamins. 1st Prenatal vitamins are similar to other multivitamins, but they contain different quantities of specific nutrients to help meet the needs of a pregnant woman. When a woman reaches childbearing age, it might be advisable to begin taking prenatal vitamins. Prenatal vitamins are similar to other multivitamins, but they contain different quantities of specific nutrients to help meet the needs of a pregnant woman. Vitamins and minerals like folic acid, calcium, and iron have higher concentrations, whereas nutrients like vitamin A have lower concentrations, reflecting current knowledge of their function in foetal development. Women should eat “400 g a day of synthetic folic acid from fortified foods (cereals and other grains), supplements, or both, in addition to consuming folate from foods in a varied diet,” according to the American Dietetic Association. Prenatal vitamins also contain lower levels of vitamins that, when taken in large doses, can be harmful to the foetus (such as vitamin A). While omega-3 fatty acids are used by both mother and foetus to produce the phospholipid bilayer that makes up cell membranes, they are not specifically mentioned in many formulas to promote neural growth. L-arginine can help reduce intrauterine growth

restriction, according to preliminary evidence. Because of the high iron content, many women have trouble tolerating prenatal vitamins or suffer constipation as a consequence. A meta-analysis of 41 studies supports the recommendation to start taking folic acid before pregnancy, but it is also useful after conception.

Companies in this group sell prenatal vitamins in a range of dosage types, including beverages, soft chews, vitamin chewable, and even jellied prenatal vitamins. Prenatal vitamins are available over the counter in supermarkets and by prescription from a doctor.

However, there are differences in consistency and quality, as well as the relative bioavailability of certain basic ingredients, between prescription and retail vitamins. Over 1 mg of folic acid needs a prescription. The amount of non-prescription prenatal vitamins required to obtain this dosage can contain too much vitamin A, putting the foetus at risk of foetal toxicity.

Perinatal nutrition, education and enrichment activities, and physical activity have also been shown to be highly successful in enhancing brain development, as well as health and well-being, in people of all ages. For far too long, our policymakers have been deceived and misinformed into thinking that intellectual capacity and wellbeing are solely defined by genes, and that, as a result, social and environmental policies will have little to no effect.

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