

Appendix III- Nutrient Recommendations During Pregnancy

For this product category, in addition to the three-defense methodology, all products were also tested to ensure that levels of nutrients were within the recommended limits in accordance to the “American Food and Nutrition Board of the Institute of Medicine (2011)¹”. The below table shows the suggested “Recommended Dietary Allowance” (RDA) and “Tolerable Upper Intake Level” (UL) of vitamin A, vitamin C, vitamin D, folate, calcium and iodine:

	RDA for Adult Females (Aged 19-50)	RDA for Pregnancy (Aged 19-50)	UL for Pregnancy (Aged 19-50)
Vitamin A (mcg/d)	700	770	3,000
Vitamin C (mg/d)	75	85	2,000
Vitamin D (mcg/d)	15	15	100
Folate (mcg/d)	400	600	1,000
Calcium (mg/d)	1,000	1,000	2,500
Iodine (mcg/d)	150	220	1,100
Iron (mg/d)	18	27	45

The recommended levels of EPA (eicosapentaenoic acid) for dietary supplements, based on the United States Food and Drug Administration (FDA)² is 2g/day.

¹ [https://ods.od.nih.gov/Health Information/Dietary Reference Intakes.aspx](https://ods.od.nih.gov/Health%20Information/Dietary%20Reference%20Intakes.aspx)

² <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/>