

Preconception Health Supplementation

Nutrient	Recommended dose	Evidence
Folic Acid	400µg daily or 5mg if high risk*, for at least 4 weeks prior to pregnancy and for the first 12 weeks of gestation	Prevention of spina bifida and anencephaly
Iodine	150µg daily when starting pregnancy	Production of maternal thyroid hormone, fetal brain and central nervous system development
Vitamin D	For women with a deficiency identified by blood tests: 1000 IU/day (vitamin D 30-49 nmol/L) 2000 IU/day (vitamin D <30nmol/L)	Reduces risk of small-for-gestational-age babies and impaired skeletal development
Iron	For women with deficiency identified by blood tests: Oral supplement with at least 60mg of elemental iron daily	Prevention of anaemia
Vitamin B12	For vegans and vegetarians: 2.6µg/day or intramuscular injection 1000µg/ ampoule	Infant neurological conditions
Calcium	For women with inadequate dietary intake: 1000 mg daily	Prevents pre-eclampsia

*Family history or previous pregnancy affected, BMI >30kg/m2, diabetes, on anticonvulsant medication, malabsorptive condition