

Prenatal vs Regular Multivitamin: Supplement Comparison Chart

Nutrient	Regular Multivitamin	Prenatal Vitamin (e.g., Thorne Basic Prenatal)	Why It Matters During Pregnancy
Folate	200–400 mcg (often folic acid)	600–800 mcg (methylated folate/5-MTHF)	Prevents neural tube defects; supports early fetal development
Iron	8–18 mg, may be omitted	27 mg (gentle iron bisglycinate)	Supports increased blood volume and oxygen delivery to baby
Iodine	Often missing or under-dosed	~150 mcg, meets daily pregnancy recommendations	Essential for maternal thyroid function and fetal brain development
Choline	Rarely included	Included (important in Thorne Basic Prenatal)	Critical for fetal brain and spinal cord development
DHA (Omega-3)	Not typically included	Separate supplement like Thorne Prenatal DHA recommended	Supports baby's brain, eyes, and nervous system development
Calcium	Moderate amounts	Lower (designed to pair with dietary intake)	Aids in bone development and helps maintain maternal bone mass
Vitamin D	400–800 IU	800–1,000 IU	Enhances calcium absorption and supports immune health during pregnancy
Nutrient Forms	May use synthetic or poorly absorbed forms	Bioavailable forms (e.g., methylfolate, chelated minerals)	Improves absorption and reduces digestive issues
Digestive Tolerance	May cause nausea or constipation	Formulated for easy digestion	Better suited for sensitive stomachs, especially during morning sickness