

Table 1

*Rationale for nutrients for both male AND female fertility, though PreNatal vitamins are used.				*Doses are based on daily dosage										
Nutrient	Materna		Progressive Prenatal		Platinum Easy Prenatal		Kirkland Prenatal		Genestra Pregna Vite		Thorne Basic Prenatal		NFH PreNatal SAP	
<b>A (b-carotene)</b>	2500 IU	b-carotene	7500IU	b-carotene	5000 IU	b-carotene	2500 IU	b-carotene	2 mg	b-carotene	3000IU	mixed carotenes	-	-
<b>A</b>	1000 IU	Vitamin A acetate	5000IU	palmitate	-	-	1000 IU	A acetate	750 IU	acetate	2,000IU	palmitate	-	-
<b>C</b>	85 mg	ascorbic acid	250 mg	calcium ascorbate	85 mg	ascorbic acid	85 mg	ascorbic acid	170 mg	ascorbic acid	150mg	ascorbic acid	175 mg	calcium ascorbate
<b>D</b>	400 IU	cholecalciferol	-	-	600IU	cholecalciferol	400 IU	cholecalciferol	1000 IU	cholecalciferol	1000IU	cholecalciferol	1000IU	cholecalciferol
<b>E</b>	30 IU	dl-alpha-tocopheryl acetate	100 IU	d-alpha tocopheryl acid succinate	60 IU	d-alpha tocopherol	30 IU	dl-alpha tocopheryl acetate	45 IU	d-alpha tocopheryl succinate	50IU	d-alphatocopheryl	50 IU	d-alpha-tocopheryl acetate
<b>K</b>			100 mcg	K1	90 mcg	K1			90 mcg	K1	100 mcg	K1	100 mcg	K1
<b>B1</b>	1.4 mg	thiamine mononitrate	50 mg	thiamine mononitrate	5.6 mg	thiamine hcl	1.4 mg	thiamine moninitrate	2.8 mg	thiamine mononitrate	4mg	thiamine hcl	100 mg	thiamine hcl
<b>B2</b>	1.4 mg	riboflavin	30 mg	riboflavin	5.6 mg	riboflavin	1.4 mg	riboflavin	2.8 mg	riboflavin	3.6 mg	riboflavin 5-phosphate sodium	50 mg	riboflavin-5-phosphate sodium
<b>B3</b>	18 mg	niacinamide	35 mg	10 mg niacin, 25 mg niacinamide	36 mg	niacinamide	18 mg	niacinamide	36 mg	niacinamide	30 mg	niacinamide	50 mg	niacinamide
<b>B5</b>	6 mg	calcium-d-pantothenate	50 mg	pantothenic acid, calcium d-pantothenate	5 mg	d-calcium pantothenate	6 mg	calcium pantothenate	12 mg	calcium d-pantothenate	16 mg	calcium pantothenate	100 mg	calcium d-pantothenate
<b>B6</b>	1.9 mg	pyridoxine hcl	35 mg	pyridoxine hydrochloride, pyridoxal-5-phosphate (unknown amts)	7.6 mg	pyridoxine hcl	1.9 mg	pyridoxine hydrochloride	3.8 mg	pyridoxal-5-phosphate	10 mg	pyridoxal 5-phosphate	50 mg	pyridoxal-5-phosphate
<b>folic acid</b>	1000 mcg	folate	900 mcg	folic acid	800 mcg	folate	1000 mcg	folic acid	1000 mcg	folic acid	1000 mcg	500 mcg as calcium folinate, 500 mcg as 5-methyltetrahydrofolate	1000 mcg	l-methylfolate
<b>B12</b>	2.6 mcg	cyanocobalamin	400 mcg	cyanocobalamin	100 mcg	methylcobalamin	2.6 mcg	cyanocobalamin	50 mcg	methylcobalamin	200 mcg	100 mcg as adenosylcobalamin; 100 mcg as methylcobalamin	1000 mcg	methylcobalamin
<b>Biotin</b>	30 mcg	biotin	100 mg	biotin			30 mcg	biotin	150 mcg	biotin	50 mcg	biotin	300 mcg	biotin
<b>Calcium</b>	250 mg	calcium carbonate	300 mg	calcium citrate, calcium carbonate			250 mg	calcium carbonate	200 mg	calcium citrate	200 mg	calcium citrate-malate	175 mg	calcium citrate
<b>Iron</b>	27 mg	ferrous fumarate	18 mg	ferrous citrate	15 mg	iron bisglycinate	27 mg	ferrous fumarate	27 mg	ferrous fumarate	45 mg	iron picolinate	30 mg	iron glycinate
<b>Magnesium</b>	50 mg	magnesium oxide	150 mg	magnesium citrate, magnesium oxide			50 mg	magnesium oxide	50 mg	magnesium citrate	100 mg	magnesium citrate-malate	75 mg	magnesium citrate
<b>Iodine</b>	220 mcg	potassium iodide	220 mcg	potassium iodide	220 mcg	potassium iodide	220 mcg	potassium iodide	220 mcg	potassium iodide	150 mcg	potassium iodide	150 mcg	potassium iodide
<b>Zinc</b>	7.5 mg	zinc oxide	15 mg	zinc citrate	11mg	zinc citrate	7.5 mg	zinc oxide	11 mg	zinc citrate	25 mg	zinc picolinate	25 mg	zinc citrate
<b>Selenium</b>	30 mcg	sodium selenate	75 mg	HVP chelate (hoping website is typo with mg instead of mcg)	30 mcg	selenium hvp chelate	30 mcg	sodium selenate	60 mcg	selenomethionine	50 mcg	seleomethionine	50 mcg	l-selenomethionine
<b>Copper</b>	1 mg	cupric sulphate	1 mg	HVP chelate	1mg	cupric citrate	1 mg	cupric sulphate	1 mg	copper citrate	2 mg	copper picolinate	2 mg	copper citrate
<b>Manganese</b>	2mg	manganese sulfate	5 mg	manganese citrate	2mg	manganese citrate	2mg	manganese sulfate	2 mg	manganese citrate	5 mg	manganese picolinate	5 mg	manganese citrate
<b>Chromium</b>	30 mcg	chromium chloride	100 mcg	chromium citrate	200 mcg	chromium hvp chelate	30 mcg	chromium chloride	30 mcg	chromium polynicotinate	100 mcg	chromium picolinate	100 mcg	chromium polynicotinate
<b>Molybdenum</b>	50 mcg	sodium molybdate	60 mg	molybdenum citrate (hoping website is typo with mg instead of mcg)			50 mcg	sodium molybdate	50 mcg	molybdenum citrate	50 mcg	molybdenum picolinate	50 mcg	molybdenum citrate
<b>Potassium</b>	-	-	15 mg	potassium citrate			-	-	-	-	-	-	75 mg	potassium citrate
<b>Boron</b>	-	-					-	-	-	-	1 mg	boron picolinate	700 mcg	boron citrate
<b>Choline</b>					10 mg	choline bitartrate								
<b>Fish oil</b>					300 mg	18mg EPA, 130mg DHA								
<b>Antioxidants</b>									30 mg	bilberry fruit extract				
<b>Non-medicinal ingredients</b>	crospovidone, <b>FD&amp;C</b> Red No. 40 aluminum lake, hydroxypropyl methylcellulose, lactose, magnesium stearate, <b>mineral oil</b> light, polysorbate 80, sodium lauryl sulfate, <b>stearic acid</b> , syloid, <b>titanium dioxide</b> and <b>triethyl citrate</b> .		Vegetable Cellulose (Hypomellose), Microcrystalline Cellulose, Silica, Magnesium Stearate (vegetable).		GMO-free soy lecithin, cold pressed olive oil, beeswax. Capsule: gelatin, glycerine purified water, chlorophyll.		Butylated hydroxytoluene, calcium phosphate dibasic, corn starch, croscarmellose sodium, crospovidone, gelatin, hypromellose, magnesium stearate, maltodextrin, microcrystalline cellulose, polysorbate 80, triacetin, purified water.		Hypromellose, microcrystalline cellulose, magnesium stearate, silica		Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.			