

c. Vitamin and Mineral Supplements

MODULE 5

Many people think that if they take vitamin or mineral supplements they don't have to worry about what they eat. This is not true. Your body needs more than 50 different nutrients every day. No vitamin pill or mineral supplement can give you all these nutrients in the right amounts.



If you are having difficulty meeting your nutritional needs during pregnancy, you may need supplements. Do not take vitamins or any kind of supplement before discussing with your health care provider.

If you need a supplement, think of it as medication. Follow the directions, and keep out of children's reach.

Remember that the best of supplements cannot replace a healthy diet.