



Iodine comes in many forms. The kind your body uses best is **potassium iodide**. Look for a prenatal vitamin supplement that contains **150 mcg of potassium iodide**. Your pharmacist will be happy to help you.

Supplement Facts

	Amount Per Serving	% Daily Value
Serving size 1 tablet		
Vitamin A (50% as beta-carotene)	4000 IU	50%
Vitamin C	60 mg	100%
Vitamin D	400 IU	100%
Vitamin E	30 IU	100%
Thiamin (B1)	1.7 mg	100%
Riboflavin (B2)	2 mg	100%
Niacin	20 mg	100%
Vitamin B6	2.5 mg	100%
Folic Acid	800 mcg	100%
Vitamin B12	8 mcg	100%
Biotin	300 mcg	100%
Panthenic Acid	10 mg	100%
Calcium (elemental)	300 mg	23%
Iron	28 mg	156%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium	50 mg	11%
Zinc	15 mg	100%
Copper	3 mg	100%

Sample label showing iodine content.



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IODINE

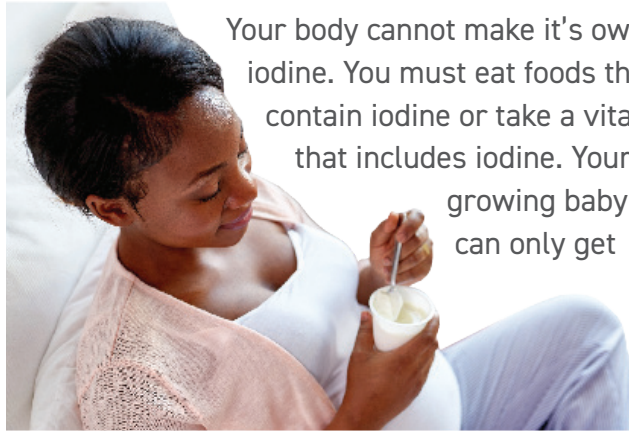
AN ESSENTIAL MINERAL FOR GROWTH AND BRAIN DEVELOPMENT

WHY IS IODINE IMPORTANT FOR PREGNANT AND BREASTFEEDING WOMEN?



Why do I need iodine?

If you are **pregnant** or **breastfeeding**, taking a pill that contains iodine is vital to your baby's health. Your body needs iodine to make thyroid hormones that help your brain, muscles, and kidneys work well.



Your body cannot make its own iodine. You must eat foods that contain iodine or take a vitamin that includes iodine. Your growing baby can only get

iodine from you, the mother. Not getting enough iodine can limit your child's growth and brain development. It can also lead to a miscarriage, to your baby being born too early, or to limiting baby's brain development.

To protect your baby, the American Thyroid Association recommends that all pregnant and breastfeeding women take a daily prenatal vitamin that contains iodine.



How much iodine do I need?

As a woman, you need 150 micrograms (mcg) of iodine every day to stay healthy. When you are pregnant or breastfeeding you will need a total of 250 mcg of iodine every day. To make sure you get enough, taking an extra 150 mcg of iodine daily is recommended during pregnancy and breastfeeding.

What about iodine in foods?

During pregnancy and breastfeeding, American women may not get enough iodine from food. Iodized salt and seafood contain iodine. So do milk and some breads. Although processed foods are high in salt, most do not contain iodine.

Selected Food Sources of Iodine

FOOD	Micrograms (mcg)
 Cod, baked, 3 ounces	99
 Yogurt, plain, lowfat, 1 cup	75
 Iodized salt, 1/4 teaspoon	71
 Milk, reduced fat, 1 cup	56
 Fish sticks, 3 ounces	54
 Shrimp, 3 ounces	35
 Egg, 1 large	24
 Prunes, dried, 5 prunes	13
 Cheese, cheddar, 1 ounce	12
 Raisin Bran Cereal, 1 cup	11

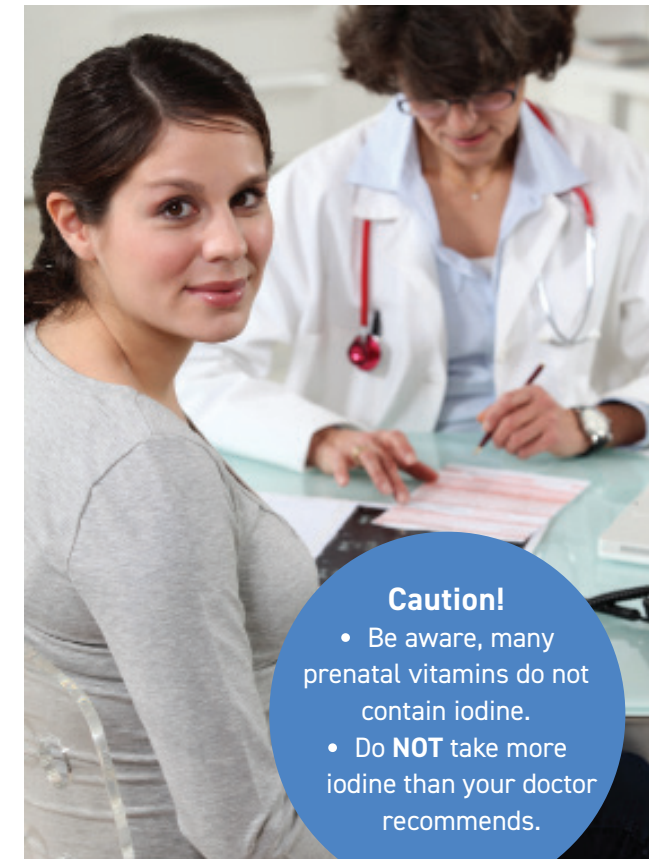
Source: NIH Office of Dietary Supplements

What can I do?

Talk to your doctor or health care provider about how much iodine you need.

Read the Supplement Facts on your vitamin label. Make sure it contains 150 mcg of potassium iodide.

If you take a prescription prenatal vitamin, ask your pharmacist to tell you if it contains 150 mcg of potassium iodide. If it does not, talk to your doctor or health care provider about how to get the iodine you need.



Caution!

- Be aware, many prenatal vitamins do not contain iodine.
- Do **NOT** take more iodine than your doctor recommends.