

needed.[®]

This guide is intended as a helpful resource in talking to your health practitioner about the benefits of **Needed's Prenatal Iron.**

Needed.[®] is a nutrition company on a mission to empower real nourishment in women on their motherhood journey. We work directly with health practitioners and researchers to offer science-backed products and education. Learn more at thisisneeded.com. If you have questions, drop us a note at practitioners@thisisneeded.com.



Boosting your Prenatal Iron **is sometimes needed.**

- ✓ Mamas need Iron to support blood volume expansion, thyroid and immune function, fighting fatigue, and for adequate birth weight and baby's on-time neurodevelopment.¹
- ✓ Iron needs vary by individual and by trimester.²
- ✓ We recommend taking Iron away from our Prenatal Multi, as Iron can interact negatively with other nutrients.³
- ✓ And, we recommend taking only as much as you need, as too much Iron can generate oxidative stress and alter the gut microbiome.⁴

Needed's Prenatal Iron **is optimal.**

- ✓ Our Iron is offered separately from our Prenatal Multi in 13.5mg per capsule, so you can easily tailor your daily dosage to meet your needs and take it at a different time to maximize absorption.
- ✓ Our Iron is bound to Glycine for better absorption and digestive comfort.⁵

"I love that Needed's Iron is separate from their Prenatal Multi. Iron needs vary by trimester and from mama to mama. The variable dosing with Needed's is perfect!"

— DR. ARI CALHOUN, ND

Finding your optimal dosage.

We recommend that you talk to your health practitioner about testing your Iron status before, during, and after pregnancy, and supplement if you are falling short. The chart below can help you tailor your dosage to your needs. These suggested dosages reflect insights from women's health practitioners that regularly test the nutrient and hormone levels of women before, during, and after pregnancy.

No Testing:	Preconception	First Trimester	Second Trimester	Third Trimester	0 - 6 Weeks Postpartum	7 Weeks+ Postpartum
	 1 capsule / day	 1 capsule / day	 2 capsules / day	 2 capsules / day	 2 capsules / day	 1 capsule / day

With Ferritin Testing (Ferritin in your blood serum):	<12 ng/mL	12 - 25 ng/mL	25 - 60 ng/mL	60 - 75 ng/mL	75 - 100 ng/mL	100+ ng/mL
	 4 capsule / day	 3 capsule / day	 2 capsules / day	 1 capsule / day	0 capsule / day	* See below

* Consult your doctor for additional testing as inflammation and/or insulin resistance could be causing your ferritin to rise

Supplement Facts

Amount Per 1 Capsule Serving	% Daily Value Pregnancy
Iron (as ferrous bisglycinate, Ferrochel™)	50%

OTHER INGREDIENTS: CELLULOSE, VEGETABLE CAPSULE, AND L-LEUCINE
Ferrochel™ is a trademark of Albion Laboratories, Inc.

Interested in sharing Needed?

We offer a Practitioner Partners referral program that rewards practitioners and their communities for prioritizing better nutrition. To learn more, visit thisisneeded.com/pages/practitioner.



REFERENCES

¹Institute of Medicine (US) Committee on Nutritional Status During Pregnancy and Lactation. Nutrition During Pregnancy: Part I Weight Gain: Part II Nutrient Supplements. Washington (DC): National Academies Press (US); 1990. 14, Iron Nutrition During Pregnancy.

²Institute of Medicine (US) Committee on Nutritional Status During Pregnancy and Lactation. Nutrition During Pregnancy: Part I Weight Gain: Part II Nutrient Supplements. Washington (DC): National Academies Press (US); 1990. 14, Iron Nutrition During Pregnancy.

³Sean R. Lynch, M.D., Interaction of Iron with Other Nutrients, Nutrition Reviews, Volume 55, Issue 4, April 1997, Pages 102-110.

⁴Yilmaz B, Li H. Gut Microbiota and Iron: The Crucial Actors in Health and Disease. Pharmaceuticals (Basel). 2018;11(4):98. Published 2018 Oct 5. doi:10.3390/ph1104098.

⁵Szarfarc SC, de Cassana LM, Fujimori E, et al. Relative effectiveness of iron bis-glycinate chelate (Ferrochel) and ferrous sulfate in the control

of iron deficiency in pregnant women. Arch Latinoam Nutr 2001;51(1 Suppl 1):42-47.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.