

# Iodine

Pregnant & Breastfeeding women need

**250-500 mcg/day**

**When shopping, consider buying iodized salt**

## Why You Need It:

- ◆ Helps keep your baby healthy
- ◆ Pregnant & Breastfeeding moms need more for their babies

	%DV		%DV
	70%	Biotin 30 mcg	100%
	100%	Pantothenic Acid 10 mg	100%
	100%	Calcium 162 mg	15%
	100%	Iron 18 mg	100%
	100%	Phosphorus 109 mg	11%
	31%	<b>Iodine 150 mcg</b>	100%
	100%	Magnesium 100 mg	100%
	100%	Zinc 15 mg	100%
	100%	Selenium 20 mcg	100%
	100%	Copper 2 mg	100%



**Check the label on your Prenatal vitamins!**

Recommended to get  
**150 mcg** from vitamins