

Why You Should Take Prenatal Vitamins

Are you pregnant? If yes, then you should immediately ask your doctor which would be the [best prenatal vitamins](#) for you. Most women take prenatal vitamins for hair growth; however, prenatal vitamins for hair have several other benefits. Read on to know why you should take one a day prenatal vitamins when pregnant.

Improved Bone Health

Pregnant women often experience calcium deficiency as her body starts using calcium for helping the fetus to grow. As a result, women should increase their daily calcium intake as soon as they come to know that they are pregnant. If they don't take extra calcium, their body will start taking the mineral from bones. This biological process is extremely beneficial for the growing fetus, but makes the mother suffer from problems like weak bones. To have stronger bones, a pregnant woman should have prenatal vitamins with DHA. Supplements containing vitamin A, vitamin D and calcium are also great options for them.

Enhanced Beauty

Most pregnant women we come across possess a significant glow on their face. This is mostly the result of consuming prenatal vitamins regularly. Often doctors ask expecting mothers to take supplementation of riboflavin, niacin and vitamin E; these vitamins are known for promoting healthier skin and nails. Pregnant women also experience prenatal vitamins hair growth after taking these vitamins regularly. Their nails will become stronger and they will have fairer skin. Supplementation of vitamin C during pregnancy is also a good way to improve skin health.

Better Heart Health

For better heart health expecting mothers should consume two B vitamins, B12 and B6. Other than taking care of the heart of pregnant women, these two vitamins improve skin health of the growing fetus and help its mind to develop. B12 and B6 work by reducing homocysteine level in blood; according to medical experts, this reduces an individual's chances of suffering from heart problems. B vitamins are also known for preventing anemia, a common blood disorder found in expecting mothers.

Greater Immunity

A study conducted on links between pregnancy and immunity of the mother has revealed that certain pregnancy hormones work by suppressing the pregnant lady's immune system. As a result, pregnant women often become highly susceptible to infections, which can cause severe harm to the fetus. Prenatal supplementation of vitamin C and zinc is known to prevent pregnant women from developing infections.

Birth Defect Prevention

Supplementation of folic acid during pregnancy helps in preventing birth defects in babies.

Make sure you consult your physician before starting to take any of the above mentioned vitamins. The vitamins are available in different forms, for instance, gummy prenatal vitamins, chewable prenatal vitamins, liquid supplements and capsules.

Author bio: This article is written by an expert nutritionist. She highly recommends use of prenatal vitamins for hair growth and prenatal vitamins with DHA as a part of pregnancy care.

