

# PRENATAL COMPARISON CHART 2026

Daily Target	Nature Made + DHA	One A Day Advanced	Nature Made Choline + DHA	Ritual
Folic Acid 400-800 mcg	800 mcg	800 mcg	1330 mcg	1000 mcg
Iron 27 mg	27 mg	27 mg	27 mg	18 mg
Calcium 1000 mg	150 mg	150 mg	150 mg	none
Vitamin D 600 IU	1000 IU	600 IU	1000 IU	2000 IU
DHA 200-300 mg	200 mg	200 mg	200 mg	350 mg
Choline 450 mg	none	110 mg	265 mg	55 mg
Iodine 150 mcg	150 mcg	150 mcg	150 mcg	150 mcg
B12 2.6 mcg	5.2 mcg	2.8 mcg	5.2 mcg	8 mcg
Price	~\$18-27	~\$24-32	~\$29-53	~\$45