

# Organic Pregnancy Vitamins – Complete Guide to Safe & Natural Prenatal Nutrition

By Dr. Seema Gupta | [Ayurved](#)  
[Guide](#)

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# Introduction + Why Organic Matters

## Increased Nutrient Needs

Nutrient needs increase 30–50% in pregnancy

## Risks of Synthetic Vitamins

Chemicals, fillers, poor absorption

## Benefits of Certified Organic

Benefits of certified organic prenatal vitamins

## Ayurveda's View

Sattvic nutrition for Garbha Raksha and Ojas



by Dr Seema Gupta

# 9 Most Important Nutrients

Full table with: Nutrient → Daily Requirement → Best Organic Sources → Ayurvedic Support

Nutrient	Daily Requirement	Best Organic Sources	Ayurvedic Support
Folate	600 mcg	Spinach, lentils	Amla
Iron	27 mg	Beets, pumpkin seeds	Punarnava
Calcium	1000–1300 mg	Sesame, ragi	Shatavari
Vitamin D	600–2000 IU	Sunlight + mushrooms	Ghee
Iodine, Choline, DHA, B12, Magnesium	with food sources		

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# Top Ayurvedic Superfoods & Safe Herbs



## Shatavari

1 tsp daily for hormones & milk

## Amla

Highest natural Vitamin C

## Ashwagandha

only 1st & 2nd trimester, 300–500 mg

## Almond + Date + Ghee laddu recipe

- Coconut water & saffron milk
- When to avoid certain herbs

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# Your 30-Day Organic Pregnancy Nutrition Checklist

(Tick every day you follow – aim for 25+ ticks in a month!)

- Took my certified organic prenatal vitamin
- Ate at least 2 servings of dark green leafy vegetables (palak, methi, etc.)
- Included natural folate source (amla, orange, lentils, avocado)
- Had iron-rich food + Vitamin C food in the same meal
- Consumed 1 dairy/calcium source (milk, curd, paneer, ragi, sesame)
- Took 10–15 minutes of morning sunlight (Vitamin D)
- Drank coconut water or buttermilk (hydration + electrolytes)
- Ate a handful of almonds/soaked walnuts + 2 dates
- Added 1 tsp Shatavari powder or ghee in warm milk (evening)
- Avoided tea/coffee right after meals (blocks iron absorption)
- Did 5–10 minutes gentle walk or prenatal yoga
- Slept by 10 PM (for hormonal balance)

## Red Flags – Contact Doctor Immediately If You Notice

- Extreme tiredness even after rest
- Pale skin, lips, nails, or severe breathlessness (possible anaemia)
- Swelling in hands/face, sudden weight gain, headache (possible pre-eclampsia)
- Severe nausea/vomiting after 1st trimester
- Reduced baby movements after 24 weeks
- Bleeding or spotting at any stage
- Burning urination or lower abdominal pain
- Yellowing of eyes/skin (liver concern)



## FREE Personalised Organic Pregnancy Plan

### Claim Your FREE 1-on-1 Consultation with Dr. Seema Gupta

(Ayurvedic Women's Health & Pregnancy Specialist – 27+ years experience)

**Just WhatsApp "ORGANIC PLAN" to +91 7416000033**

You will receive within 24 hours:

- Your trimester-specific organic vitamin & diet chart
- Dosha-based food recommendations
- Safe Ayurvedic herbs & exact dosage for you
- Answers to all your personal doubts

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free slots every week—message today!

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