



## Helpful Supplements Throughout Pregnancy

### Headaches in Pregnancy

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- Magnesium 400-600 mg daily
- Vitamin B2 (Riboflavin) 200-400 mg twice daily
- CoQ10 100 mg twice daily



### Nausea and Vomiting in Pregnancy

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- Vitamin B6 25 mg three times daily
- Unisom (sleep aid- active ingredient Doxylamine) ½ tablet at bedtime

