

Pre-Natal Diet and the course of Pregnancy

The normal functioning of the reproductive organs during pregnancy depends, among other things, upon the plentiful intake of vitamins and minerals.

Medical opinion is gaining ground that there is an increased need for Vitamin B in late pregnancy and the early puerperium. Its administration during the period before childbirth has resulted in less vomiting and nausea and in marked improvement in the nutritional value of the breast milk. In order to assure the building of the foetal bones *in utero* and afterwards during breast-feeding, the importance of Vitamin D and of calcium and phosphorus is also established.

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Units; Vitamin B₂ (G), 250 Gammae Riboflavin; Vitamin C, 300 International Units; Nicotinamide, 5 milligrams; Iron (Ferrous), 0.017 gramme; Calcium, 0.043 gramme; Phosphorus, 0.033 gramme.

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