



## Frequently Asked Questions

**FAQ:** Why doesn't your prenatal contain iron?

**Answer:** The Boston Functional Nutrition Prenatal does not contain iron by design. Iron needs and tolerance varies significantly by individual. While your iron needs do increase as a pregnancy progresses, and getting in enough iron is critical for a healthy pregnancy, not all women will need to supplement with iron to keep their iron levels in a healthy range. Taking supplemental iron when you don't need it can cause unnecessary digestive distress or result in consuming too much iron overall. Monitor your iron status with your physician and if you do need supplemental iron, take it separately in appropriate doses.

**FAQ:** Does your prenatal contain Folic Acid?

**Answer:** Yes! On the label you will see it listed as Folate and there is 800mcg of methylfolate, the most biologically available form of folate.

**FAQ:** Do you have a resource you recommend to learn more about how to optimize my diet during pregnancy?

**Answer:** Yes, a very talented colleague, Lily Nichols, RDN, CDE has a comprehensive guide to nutrition during pregnancy called *Real Food for Pregnancy* and it is available on Amazon.com.

**FAQ:** Do you work with women trying to conceive and/or pregnant women?

**Answer:** Yes, I have a functional medicine practice called Boston Functional Nutrition and I specialize in women's health including infertility and prenatal nutrition. You can learn more about my services at [bostonfunctionalnutrition.com](http://bostonfunctionalnutrition.com)

**FAQ:** Who do I contact if I have additional questions about this prenatal supplement?

**Answer:** Please contact the manufacturer at [support@miramix.com](mailto:support@miramix.com) if you have questions regarding ordering, shipping, or any product issues.

**Please contact [support@miramix.com](mailto:support@miramix.com) with any further questions regarding this product.**