

《花钱购买产前维生素值得吗？》

导读:人们越来越重视产前营养，种类繁多的营养品，维生素层出不群，但是孕妇是否真的需要呢？最新研究结果为大众揭开谜题。



Just like any other multivitamin, prenatal supplements come chock full of vitamins and minerals intended to benefit mothers-to-be and their unborn bundles of joy.

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But while some of those nutrients are important, there are many more that might be unnecessary, according to a new paper published in the British Medical Journal's Drug and Therapeutics Bulletin on Monday.

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It turns out that only folic acid and vitamin D have any evidence to support their use in dietary supplements for pregnancy, said Dr. James Cave, editor-in-chief of the bulletin and a practitioner at the Downland Practice in Newbury, Berkshire.

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The paper concluded that folic acid has the strongest evidence support, followed by vitamin D, which was less clear

cut. "What we found was that the human is a tougher being than perhaps we realize and seems to be able to function completely well with some vitamin levels lower than are considered normal," Cave said.

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What's recommended, what's not

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However, some doctors are quick to point out that these findings are not representative of the needs of expectant mothers in the United States.

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While the American Congress of Obstetricians and Gynecologists has no specific guidance about whether or not pregnant women need to take a prenatal vitamin, Dr. Scott Sullivan, a fellow at the group, said that taking specific evidence-based minimums of nutrients are suggested:

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400 micrograms of folic acid

400????

27 milligrams of iron

27???

1,000 milligrams of calcium

1000???

600 international units of vitamin D

600???????D

It is certainly more convenient to take one supplement rather than five things and probably improves compliance, said Sullivan, an associate professor at the Medical University of South Carolina who was not involved in the new paper.

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