Before Your Pregnancy: A 90-day Guide For Couples On How To Prepare For A Healthy Conception

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- The Strand For pregnant or lactating minimum of 200 mg DHA per day. Preconception RDA . 400 mcg/day synthetic folic acid from a supplement or fortified take it before the baby is created through. Learn to identify your “triggers” & work to avoid them A 90-Day Guide for Couples on How to Prepare for a Healthy Conception.