

# PRE-NATAL VITAMINS FROM FOOD!

**CALCIUM:** Raw milk, yoghurt, cheese, bone broths

**FOLIC ACID:** Liver, beans, egg yolk, fish eggs, green vegetables

**VITAMIN B12:** Liver, shellfish, fish eggs, meat, eggs

**VITAMIN B6:** Raw meat, raw dairy, eggs, liver, bananas

**DHA:** Cod liver oil, fish eggs, egg yolks, liver

**VITAMIN A:** Cod liver oil, liver, egg yolks, butter

**VITAMIN D:** Cod liver oil, fish eggs, egg yolks, lard, butter

**VITAMIN K:** Cheese, poultry liver, meat fats, eggs

**CHOLINE:** Egg yolks, liver

**ZINC:** Red meat, liver, fish eggs

**IODINE:** Fish eggs, sea food, butter

**PROBIOTICS:** Lacto-fermented foods, coconut oil, butter