

What I Took (and Wish I Took) During Pregnancy

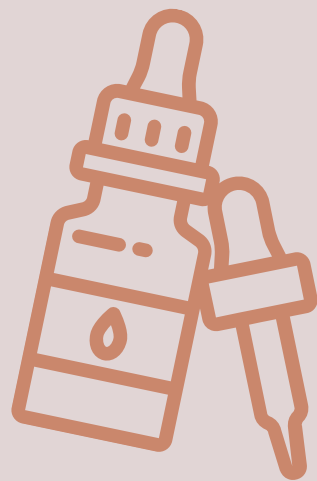


Designs for Health Prenatal Pro

Methylated and easy on my gut. I switched to this after pregnancy and wish I'd found it sooner.

Earthley Nourish Her Naturally

My herbal multivitamin for gentle, whole-food nutrients. I used this alongside my prenatal for extra plant-based support.

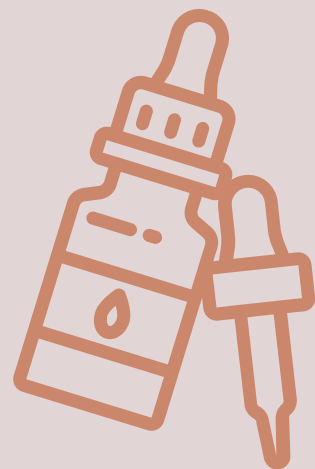


Thorne Super EPA (Omega-3)

No fishy aftertaste. I started this after birth for hormone support but wish I'd used it during pregnancy too.

Triquetra D3 + K2 Drops

I needed extra D3 since I wasn't getting much sun—these drops were easy to take and super clean. Important to have K2 as that helps your body to absorb the D3.



This info is for educational purposes only and isn't medical advice. Please check with your provider before starting any new supplements. Disclosure: As an Amazon Associate, I earn from qualifying purchases. I'm also an Earthley affiliate and earn commissions on some links shared in this guide—at no extra cost to you.

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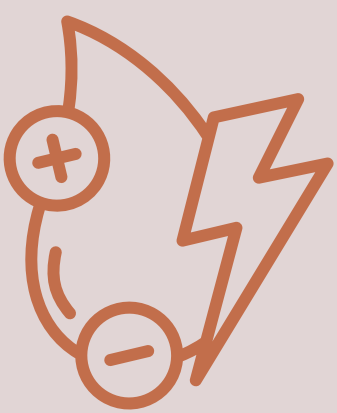
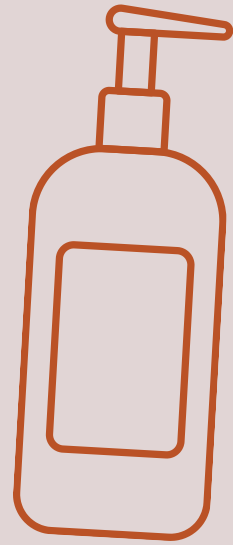
NOW Foods Probiotic-10

My go-to probiotic for gut health, digestion, and supporting immunity. This helped a ton with bloating and regularity. Amazing much needed gut support during pregnancy.

Ancient Minerals

Magnesium Lotion

I used this every night for sleep and pain relief. Used it on my neck for headaches and along my waist for round ligament pain. Way better than oral mag for me—plus it's clean and fragrance-free.



Ultima Electrolytes

No sugar, no dye. I got dehydrated and ended up in the hospital—started these late in pregnancy but wish I'd used them all along.

Hyland's Arnica 30X

Great for soreness, headaches, round ligament pain, or random aches without reaching for meds. I always kept it nearby.

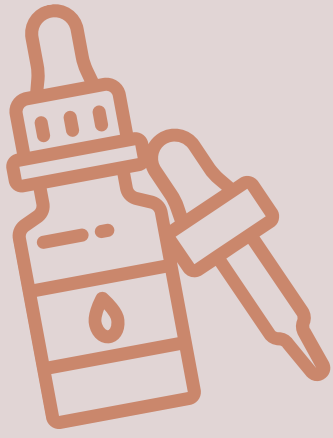


you can find all of my pregnancy faves here:
pregnancy essentials

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Earthley Energy Plus

Gave me a real boost when my iron dipped and helped me have optimal iron levels during my second pregnancy in my labs. Loved that it's herbal and actually helped me feel better—no weird side effects.

Boiron ColdCalm

I used this during pregnancy when I caught a cold—doula + midwife approved. Helped kick it faster without meds.



find more of my pregnancy go-to's here:

♥ **pregnancy essentials** – *what I used, loved, and wish I'd found sooner*

♥ **non-toxic meds & vitamins** – *simple swaps that felt safer for pregnancy*

♥ **nurture-nook.com/earthley**– *all the herbal goodness I trusted most*

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