



Onkwehonwe Midwives Collective
891 Island Road, Akwesasne ON K6H5R7
P. 613-938-2229 F. 613-932-5080 eFax 1-613-902-3511

The Reality of Gummy Vitamins

While gummy vitamins may be tasty and convenient, they are not the most efficient way to provide the necessary supplemental nutrients for pregnancy.

One of the main issues with gummy vitamins is their limited capacity to hold the required amount of nutrients. Unlike traditional vitamins, which come in tablet or capsule form, gummy vitamins are limited in size due to their chewable nature. This means that they can only hold a certain amount of vitamins and minerals, which may not be enough to meet the increased nutritional needs of pregnant women.

Furthermore, gummy vitamins are often high in sugar and calories, which may not be the best option for mother and the baby. Excess sugar consumption during pregnancy can lead to gestational diabetes, which can increase the risk of complications during pregnancy and birth.

In addition to the limited nutrient capacity and high sugar content, gummy vitamins may not be absorbed as efficiently as traditional vitamins. The chewable nature of gummy vitamins means that they may not break down as easily as tablets or capsules, which can hinder the body's ability to absorb the nutrients they contain.

Overall, while gummy vitamins may be a tasty and convenient option for some, they are not the most efficient way to provide the necessary supplemental nutrients for pregnancy. As a midwife, it is important to educate our clients on the most effective and safe ways to meet their nutritional needs during pregnancy, which may include a well-balanced diet and traditional vitamin supplements.