

All pregnancy studies in VitaminDWiki

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- [Pregnancies helped a lot by Vitamin D \(injection then 50,000 IU monthly\) – RCT May 2018](#)
- [430 genes changed when 3,800 IU Vitamin D added in late second trimester – RCT May 2018](#)
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- [Birth problems associated with low Zinc](#)
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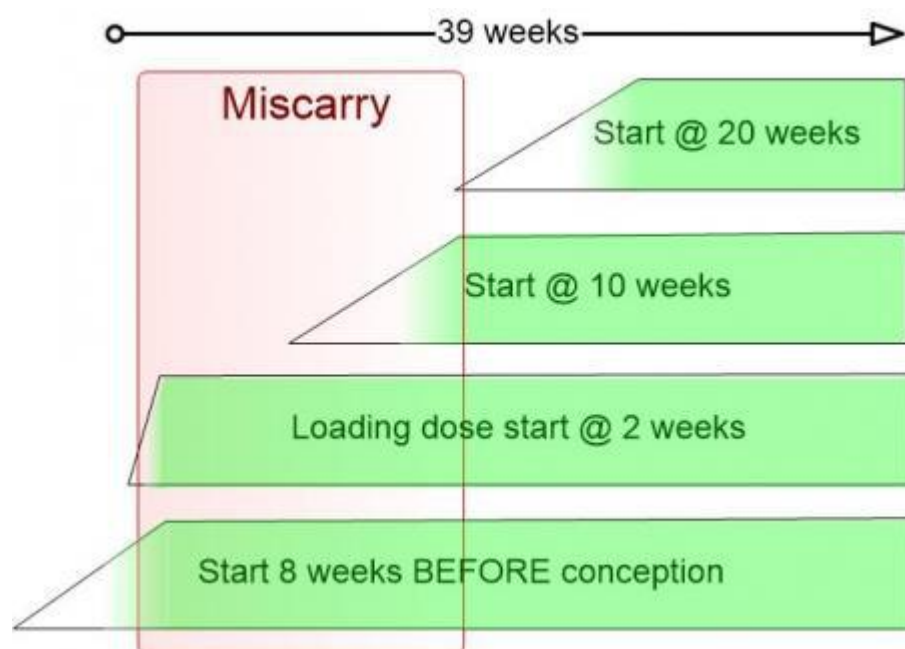
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Pregnancy category starts with:

938 items in Pregnancy category

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- [Stillbirth reduced by Vitamin D, Zinc, Omega-3 - several studies](#) 5+ studies
- [Search VitaminDWiki for "Assisted reproduction"](#) 33 items as of Aug 2022
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- [\(Stunting OR “low birth weight” OR LBW\)](#) 1180 items as of June 2020
- [Less labor pain if higher level of vitamin D – August 2021](#)
- [Healthy pregnancies need lots of vitamin D](#)
- [Ensure a healthy pregnancy and baby - take Vitamin D before conception](#)



Pregnancy

Healthy pregnancies need lots of vitamin D starts with

Most were taking 2,000 to 7,000 IU daily for >50% of pregnancy

Click on hyperlinks for details

Problem	Vit. D Reduces	Evidence
0. Chance of not conceiving	3.4 times	Observe
1. Miscarriage	2.5 times	Observe
2. Pre-eclampsia	3.6 times	RCT

4. Good 2nd trimester sleep quality	3.5 times	Observe
5. Premature birth	2 times	RCT
6. C-section - unplanned	1.6 times	Observe
Stillbirth - OMEGA-3	4 times	RCT - Omega-3
7. Depression AFTER pregnancy	1.4 times	RCT
8. Small for Gestational Age	1.6 times	meta-analysis
9. Infant height, weight, head size within normal limits		RCT
10. Childhood Wheezing	1.3 times	RCT
11. Additional child is Autistic	4 times	Intervention
12.Young adult Multiple Sclerosis	1.9 times	Observe
13. Preeclampsia in young adult	3.5 times	RCT
14. Good motor skills @ age 3	1.4 times	Observe
15. Childhood Mite allergy	5 times	RCT
16. Childhood Respiratory Tract visits	2.5 times	RCT

RCT = Randomized Controlled Trial

Healthy pregnancies need lots of vitamin D

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“One pill every two weeks fights diabetes, cancers, heart failure, and 21 other diseases.”

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- 1. [Nurses continuing education – Vitamin D Overview](#): Thank you for the information
- 2. [A Medical School COVID-19 protocol includes Vitamin D for all phases – Marik Nov 2020](#): New protocols
- 3. [Calcium to Magnesium Ratio - many studies](#): Great studies
- 4. [Acne](#): Thanks
- 5. [Continuing Medical Education for Omega-3 is proving helpful – Nov 2019](#): great source
- 6. [Smoking reduces vitamin D - many studies](#): I'm so unfortunate to read it.
- 7. [Vitamin D protects against lung cancer unless there is excess vitamin A – July 2012](#): Vitamin D
- 8. [American College of Nurse-Midwives continues to state that 600 IU Vitamin D is enough – March 2019](#): writing service
- 9. [Medical students in Pakistan – 1 in 3 aware than sun creates Vitamin D, 1 in 12 get noon sun – Jan 2015](#): comment
- 10. [Hypothesis – Fatigue the day after sex is due to deficiency of Vitamin D, Magnesium, and Zinc](#): Wow