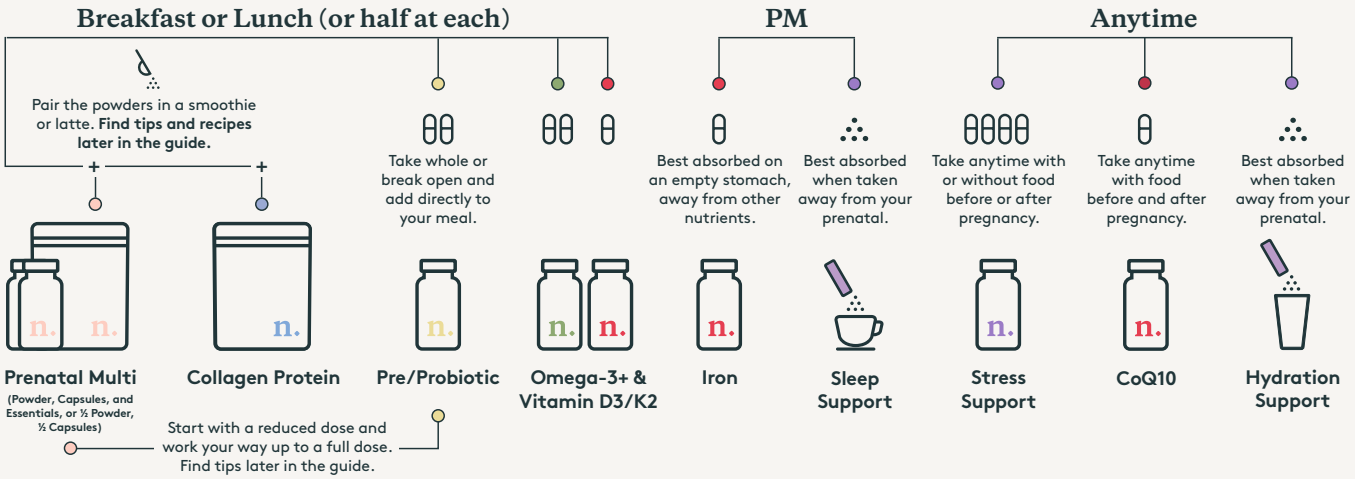
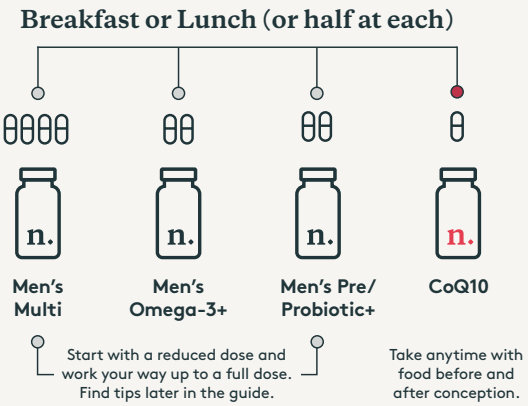
You've upgraded your prenatal. Now let's get started with your Needed routine.

for HER



for HIM



For your capsule bottles



Add our reusable, heart-shaped, scented inserts in Citrusy Lime and Spearmint to any capsule bottle.

Additional details on how to get started with each Needed product/plan:

Find details below on how to get started with each Needed product/plan:

Complete Plan for Her:

pg. 04 Prenatal Multi (Powder, Capsules, and Essentials)

pg. 06 Omega-3+

pg. 07 Pre/Probiotic

Collagen Protein

Other Products for Her:

pg. 08 Iron

pg. 09 Vitamin D3/K2

pg. 10 Stress Support

Sleep+Relaxation Support

Hydration Support

Other Products for Him & Her

pg. 11 CoQ10

Complete Plan for Him:

pg. 11 Men's Multi

pg. 12 Men's Omega-3+

Men's Pre/Probiotic+

Our gift to you.

A **FREE 15 minute one-on-one consult** with one of our perinatal nutritionists.



Our perinatal nutritionists can help you get started with your new routine, or answer any other prenatal nutrition related questions.

Sign-up here (appointments made on a first come first serve basis):



Prenatal Multi Powder

1 scoop or 1 packet = 1 serving

- Powder offers a pleasant alternative to pills, and allows us to deliver highly supportive dosages that go well beyond meeting bare minimum needs (unlike most prenatals). Many important nutrients like Choline, Magnesium, and Calcium simply cannot fit into just 1-2 pills or a handful of gummy vitamins.

When to start

- Take before, during, and after pregnancy. If possible, start at least 3 months before trying to conceive and continue well into your mom years.

How to start

- We recommend starting with ¼ or ½ serving as your body adjusts to our more comprehensive dosing. If you are feeling great, add more powder to reach a full serving. Rest assured, you're getting supportive amounts of many nutrients even on this temporarily lower dosage.

- Be sure to take it with a proper meal.

- Mix the powder with cold or warm (cool enough to consume) foods or drinks, like smoothie, oatmeal, nut milk, or yogurt. Don't cook or bake with it directly.

- The powder pairs great with our Collagen Protein. If you are plant-based, try pairing it with an unflavored protein powder.

- If you don't like sweet flavors, make a fruitless smoothie, plain greek yogurt, or unsweetened latte! Unsweetened nut milks, and tart flavors like cacao, raspberry, and lemon cut through the sweet notes. Ice cuts down sweetness too.

- Our prenatal-pink plant-based beadlets encapsulating our Vitamin C may stick to your glass or blender, but should shake loose with a little extra stirring.

- Find recipe ideas in our recipe guide, and at thisisneeded.com/blogs/recipes.

Mix and match

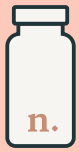
- Some mamas love switching between our Multi Capsules and Multi Powder: capsules one day and powder the next, or 4 capsules and a half scoop of powder on the same day.

Becoming a mama isn't always smooth

- When adjusting to optimal nutrition levels, you may experience some small side-effects like an upset tummy. Starting with a reduced and divided dosing will help to minimize this.

- If you are experiencing morning sickness, try again tomorrow with a reduced dose. It's okay to take your powder just before bed if this helps with nausea (so long as the energizing nutrients don't keep you awake).

- Bright yellow urine is normal with higher nutrient dosing, and is not a sign of poor absorption. Less is not more when it comes to perinatal nutrition!



Prenatal Multi Capsules

8 capsules = 1 serving

- Our 8 capsule serving allows us to deliver highly supportive dosages that go well beyond meeting bare minimum needs (unlike most prenatals). Many important nutrients like Choline, Magnesium, and Calcium simply cannot fit into just 1-2 pills or a handful of gummy vitamins.

When to start

- Take before, during, and after pregnancy. If possible, start at least 3 months before trying to conceive and continue well into your mom years.

How to start

- We recommend starting with 2 to 4 capsules per day your first week as your body adjusts to our more comprehensive dosing. If you are feeling great, add one more capsule each day until you get to 8. Rest assured, you're getting supportive amounts of many nutrients even on this temporarily lower dosage.

- Be sure to take your prenatal with a proper meal.

- Once adjusted, you can take all 8 capsules at once or divide the dosing between meals (i.e. 4+4 or 3+3+2).

- Add one of our free organic essential oil scented inserts to your bottle, if the vitamin smell bothers you. Our scented inserts are reusable, heart-shaped, and come in two scents: Citrusy Lime and Spearmint.

Mix and match

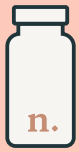
- Some mamas love switching between our Multi Capsules and Multi Powder: capsules one day and powder the next, or 4 capsules and a half scoop of powder on the same day.

Becoming a mama isn't always smooth

- When adjusting to optimal nutrition levels, you may experience some small side-effects like an upset tummy. Starting with a reduced and divided dosing will help to minimize this.

- If you are experiencing morning sickness, try again tomorrow with a reduced dose. It's okay to take your capsules just before bed if this helps with nausea (so long as the energizing nutrients don't keep you awake).

- Bright yellow urine is normal with higher nutrient dosing, and is not a sign of poor absorption. Less is not more when it comes to perinatal nutrition!



Prenatal Multi Essentials

3 capsules = 1 serving

When to start

- Take before, during, and after pregnancy. If possible, start at least 3 months before trying to conceive and continue well into your mom years.

How to start

- Take capsules with a meal. Serving may be split 1 capsule, per meal.
- Add one of our free organic essential oil scented inserts to your bottle, if the vitamin smell bothers you. Our scented inserts are reusable, heart-shaped, and come in two scents: Citrusy Lime and Spearmint.

Becoming a mama isn't always smooth

- When adjusting to a more supportive prenatal, you may experience some small side-effects like an upset tummy. Starting with a reduced and divided dosing will help to minimize this.
- If you are experiencing morning sickness, try again tomorrow with a reduced dose. It's okay to take your capsules just before bed if this helps with nausea (so long as the energizing nutrients don't keep you awake).
- Bright yellow urine is normal with higher nutrient dosing, and is not a sign of poor absorption. Less is not more when it comes to perinatal nutrition!



Omega-3+ Capsules

2 capsules = 1 serving

- However, many mamas may benefit from taking 4 capsules for a period of time to build your Omega-3 levels, and switch down to 2 capsules at a later time for a more maintenance dose. You can start with up to 4 capsules.

When to start

- Take before, during, and after pregnancy. If possible, start at least 3 months before trying to conceive and continue well into your mom years.

How to start

- Take capsules with a meal.
- Add one of our free organic essential oil scented inserts to your bottle, if the Omega smell bothers you. Our scented inserts are reusable, heart-shaped, and come in two scents: Citrusy Lime and Spearmint.



Pre/Probiotic

2 capsules = 1 serving

When to start

- Take before, during, and after pregnancy. If possible, start at least 3 months before trying to conceive and continue well into your mom years.

How to start

- Week 1: Take 1 capsule every other day
  Week 2: Take 1 capsule daily
  Week 3+: Take 2 capsules daily
  However, some mamas have no trouble starting with the full dose right away.
- Swallow the capsules whole alongside a meal or break open and add capsule contents into food or drink.

Becoming a mama isn't always smooth

- When adjusting to a new Pre/Probiotic, you may experience some small side-effects like an upset tummy. Starting with a reduced dosing will help to minimize this.



Collagen Protein

1 scoop or 1 packet = 1 serving

- Many enjoy more than 1 serving per day

When to start

- Take before, during, and after pregnancy. If possible, start at least 3 months before trying to conceive and continue well into your mom years.

How to start

- Mix one scoop into a single serving of food or drink. We love it in everything from smoothies and lattes, to pasta sauce and hummus.

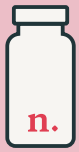
Prenatal Multi+Collagen Protein Recipes To Get You Started

- thisisneeded.com/blogs/recipes/chocolate-peanut-butter-smoothie

  and

- thisisneeded.com/blogs/recipes/golden-milk-for-mama
- Find recipe ideas in our recipe guide, and at thisisneeded.com/blogs/recipes.

OTHER PRODUCTS for MAMAS



Iron

1 capsule = 1 serving

- Many need more than one serving per day. Please refer to our dosing chart.

No Testing:	Preconception	First Trimester	Second Trimester	Third Trimester	0-6 Weeks Postpartum	7 Weeks+ Postpartum
	1 capsule/day	1 capsule/day	2 capsules/day	2 capsules/day	2 capsules/day	1 capsule/day

With Ferritin Testing (Ferritin in your blood serum):	<12 ng/mL		25-60 ng/mL	60-70 ng/mL	75-100 ng/mL	100+ ng/mL
	4 capsules/day	3 capsules/day	2 capsules/day	1 capsule/day	0 capsule/day	+ See below

* Consult your doctor for additional testing

When to start

- Take before, during, and after pregnancy. If possible, check your Ferritin levels at least 3 months before trying to conceive to start appropriate dosing.

How to start

- We suggest taking away from meals and your Prenatal Multi. Our Iron is absorbed most easily on an empty stomach, and away from other minerals. Many take it at night before bed.

OTHER PRODUCTS for MAMAS

Vitamin D3/K2

1 capsule = 1 serving

- Many need more than one serving per day, even on top of our Prenatal Multi Powder/ Capsules and Essentials which are dosed at 4,000IU D3/90mcg K2 and 2,000IU D3/25mcg K2, respectively. Please refer to our dosing chart for combined dosing.

No Testing:	Preconception	Pregnancy	Breastfeeding/ Postpartum <1 year	Mom Years Beyond
	2 capsules/day (4,000IU D3/ 90mcg K2)	2 capsules/day (4,000IU D3/ 90mcg K2)	3 capsules/day (6,000IU D3/ 135mcg K2)	2 capsules/day (4,000IU D3/ 90mcg K2)

With Testing: Test your levels with us!	Life Stage	<30 ng/mL (<75 nmol/L)	30-50 ng/mL (75-125 nmol/L)	>50 ng/mL (>150 nmol/L)
	Pregnancy and Fertility Focused or Mom Life	4 capsules/day (8,000IU D3/ 180mcg K2) OR	3 capsules/day (6,000IU D3/ 135mcg K2)	2 capsules/day (4,000IU D3/ 90mcg K2)
	Breastfeeding and Postpartum <1 year	5 capsules/day (10,000IU D3/ 225 mcg K2) if you re-test after 3 months	4 capsules/day (8,000IU D3/ 180mcg K2)	3 capsules/day (6,000IU D3/ 135mcg K2)

When to start

- Take before, during, and after pregnancy. If possible, check your D3 levels at least 3 months before trying to conceive to start appropriate dosing.

How to start

- Take alongside your Prenatal Multi or at a different mealtime.

OTHER PRODUCTS for MAMAS



Stress Support

4 capsules = 1 serving

How to start
- Take with or without food.

When to start
- This product is intended for use before and after pregnancy, not during pregnancy. If you are taking it prior to conception, simply stop use when you learn you are pregnant (taking it a few weeks between conception and your first positive pregnancy test is just fine) and restart postpartum.



Sleep+Relaxation Support

1 Packet = 1 Serving

When to start
- Take before, during, and after pregnancy. We suggest taking it at a different time of day than your Prenatal Multi to support relaxation and optimal Magnesium absorption. Most take it at night, 1-2 hours before bedtime.

How to start
- Mix 1 serving into 1-2 cups of water, hot, cold, or room temperature.



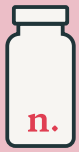
Hydration Support

1 Packet = 1 Serving

When to start
- Take before, during, and after pregnancy. We suggest taking it at a different time of day than your Prenatal Multi to support absorption.

How to start
- Mix 1 serving into 1-2 cups of water, depending on your taste preference.

OTHER PRODUCTS for HIM & HER



CoQ10

1 Softgel = 1 Serving

- Each softgel contains 200 mg of Ubiquinol, an optimal baseline dosage. Higher amounts of CoQ10 may be supportive based on your individual needs. We recommend consulting your doctor or midwife on the optimal dosing for your needs.

When to start

- This product is intended for use before and after pregnancy. If possible, start at least 3 months before trying to conceive. Please consult with your doctor before using during pregnancy.

How to start

- Take 1 softgel once or twice daily with a meal. CoQ10 is a fat-soluble compound, so taking it with food can help your body absorb it more efficiently and effectively.

COMPLETE PLAN for HIM



Men's Multi

4 capsules = 1 serving

When to start

- Take before, during, and after conception. If possible, start at least 3 months before trying to conceive and continue well into your dad years.

How to start

- Take capsules with a meal. Serving may be split between meals.

- Add one of our free organic essential oil scented inserts to your bottle, if the vitamin smell bothers you. Our scented inserts are reusable, heart-shaped, and come in two scents: Citrusy Lime and Spearmint.

Becoming a dad isn't always smooth

- When adjusting to a more supportive multi, you may experience some small side-effects like an upset tummy. Starting with a reduced and divided dosing will help to minimize this.

- Bright yellow urine is normal with higher nutrient dosing, and is not a sign of poor absorption. Less is not more when it comes to your nutrition!

COMPLETE PLAN for HIM



Men's Omega-3+

2 capsules = 1 serving

- However, many may benefit from taking 4 capsules for a period of time to build your Omega-3 levels, and switch down to 2 capsules at a later time for a more maintenance dose. You can start with up to 4 capsules.

When to start

- Take before, during, and after conception. If possible, start at least 3 months before trying to conceive and continue well into your dad years.

How to start

- Take capsules with a meal.

- Add one of our free organic essential oil scented inserts to your bottle, if the Omega smell bothers you.



Men's Pre/Probiotic+

2 capsules = 1 serving

When to start

- Take before, during, and after conception. If possible, start at least 3 months before trying to conceive and continue well into your dad years.

How to start

- Week 1: Take 1 capsule every other day
  Week 2: Take 1 capsule daily
  Week 3+: Take 2 capsules daily
  However, some have no trouble starting with the full dose right away.

- Swallow the capsules whole alongside a meal or break open and add capsule contents into food or drink.

Becoming a dad isn't always smooth

- When adjusting to a new Pre/Probiotic+, you may experience some small side-effects like an upset tummy. Starting with a reduced dosing will help to minimize this.