

Comparative Chart of Toxicant Levels Found in Popular Prenatal Vitamin Products: Tested in 2024 & 2025

LeadSafeMama.com		LeadSafeMama.com				
Lead Safe Mama, LLC - Prenatal Vitamin Chart, Laboratory Test Results.		24/25 = 96% Positive For Lead		4/25 = 16% Positive for Mercury		
Full lab reports for each listed product can be found on LeadSafeMama.com		17/25 = 68% Positive for Cadmium		20/25 = 80% Positive for Arsenic		
All measurements noted are in PARTS PER BILLION (ppb).		There is no safe level of Lead exposure for human beings.				
Chart Last Updated: April 12, 2025 - Saturday - 3:00 p.m. CET		Lower-Lead products may test positive for high levels of other toxicants.				
Sorted in order of Lead Level Ascending						
The four highest levels of each toxicant are highlighted in red.						
		Lead	Cadmium	Mercury	Arsenic	
	Product Name	Pb	Cd	Hg	As	
1	Thorne Prenatal DHA Gelcaps (DHA & EPA)	None Noted	ND <5	ND <5	5.0	11.0
	Lead Levels of 5 ppb & Up:	Learn more at LeadSafeMama.com	Lead	Cadmium	Mercury	Arsenic
2	Smarty Pants Organic Prenatal Multi & Omegas, Gummies	n/a	7.77	ND <3	ND <1.5	ND <6
3	Perelal 1st Trimester Prenatal Pack - Methylfolate	n/a	8.0	ND <5	ND <5	242.0
4	Designs for Health Prenatal Pro	n/a	9.0	25.0	ND <5	144.0
5	FullWell - Optimal Nutrients For Women, Before, During & After Pregnancy	n/a	9.0	82.0	ND <25	900.0
6	Ritual Essential For Women - Prenatal Vitamins	Mint Flavor	10.0	ND <5	ND <5	ND <5
7	Olly - The Essential Prenatal Folic Acid + DHA, Gummies	Citrus Flavor	10.1	ND <5	ND <5	ND <10
8	Tend Daily Prenatal Vitamin Bar for Mama & Baby	Lemon Berry Flavor	11.0	29.0	ND <10	33.0
9	Perelal 1st Trimester Prenatal Pack - Omega DHA + EPA (softgel)	n/a	12.0	ND <5	ND <5	ND <5
10	Mary Ruth's Prenatal & Postnatal Liquid Multivitamin	Berry Flavor	18.0	ND <0.5	ND <0.5	ND <0.5
	Lead Levels of 25 ppb & Up:	Learn more at LeadSafeMama.com	Lead	Cadmium	Mercury	Arsenic
11	Needed Prenatal Multi Capsules	n/a	25.0	20.0	ND <10	88.0
12	WeNatal for Her	n/a	30.0	10.0	ND <12	750.0
13	SeekingHealth Prenatal Essentials MF, Methyl-Free	n/a	33.0	30.0	ND <5	24.0
14	Pure Encapsulations PreNatal Nutrients	n/a	34.0	60.0	ND <0.5	30.0
15	NatureMade Prenatal Folic Acid + DHA Softgels	Orange Scent	35.0	121.0	ND <10	66.0
16	SFI Health (Klaire Labs) Prenatal & Nursing Formula	n/a	46.0	20.0	5.0	32.0
17	Garden of Life Vitamin Code Raw Prenatal Multivitamin	n/a	46.0	94.0	ND <1.5	1,900.0
	Lead Levels of 50 ppb & Up:	Learn more at LeadSafeMama.com	Lead	Cadmium	Mercury	Arsenic
18	MegaFood Baby & Me 2 Prenatal Multi, Before & During Pregnancy	n/a	62.0	67.0	13.0	27.0
19	Dr. Green Mom Prenatal & Postnatal Daily Nutrients	n/a	67.0	ND <25	9.0	42.0
20	Perelal 1st Trimester Prenatal Pack - Anti-Nausea Blend	n/a	74.0	42.0	ND <5	45.0
21	Thornie Basic Prenatal For Pregnant and Nursing Women	n/a	85.0	41.0	ND <10	38.0
22	New Chapter One Daily Prenatal Multivitamin 35+	n/a	86.8	68.7	ND <5	73.5
23	One A Day Prenatal Advanced Complete Multivitamin	n/a	88.5	216.2	ND <5	33.1
24	Garden of Life Organics Prenatal Multi Whole Food Multivitamin	n/a	94.0	48.0	ND <5	1,100.0
	Lead Levels of 100 ppb & Up:	Learn more at LeadSafeMama.com	Lead	Cadmium	Mercury	Arsenic
25	Perelal 1st Trimester Prenatal Pack - Core Prenatal	n/a	107.0	23.0	ND <5	50.0
-	Results Pending; Pink Stork Prenatal					
All relevant federal agencies agree that there is no safe level of Lead exposure for human beings.						
Learn More at LeadSafeMama.com						
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