



Nutrition During Pregnancy and Lactation: Exploring New Evidence

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NIH Office of Dietary Supplements

<http://ods.od.nih.gov/>

- Mission:
 - Strengthen knowledge and understanding of dietary supplements
- Goals:
 - Stimulate & support research to investigate the role of dietary supplements in promoting health & reducing disease risk
 - Support development of research tools
 - Evaluate scientific findings
 - Make the most up-to-date scientific knowledge about dietary supplements publicly available

ODS Responds to Queries from the Public, Clinicians, and Media

Two recent questions on MTHFR from health care providers

- "What is the recommended dose of folate in a homozygous pregnant patient?"
- "I have seen two pregnant women through our WIC program who said they had been diagnosed with “mthfr deficiency”. I couldn’t find much clearly defined, science-based information about treatment for “mthfr deficiency”, which is why I contacted the NIH Office of Dietary Supplements. Would there be any risk of harm to take 5-methyltetrahydrofolate in pregnancy?"

Other Queries

- "Why is the recommended amount of iron lower for a woman who is breastfeeding than for a woman who is not?"
- "I'm working on a short article on the differences between folic acid and folate, including current recommendations for pregnancy, and would like to interview someone at the ODS"

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