Folate and vitamin D during pregnancy: association for reducing pregnancy complications

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Objective. To evaluate the efficacy of supplementation with Folervid® during pregnancy.

Materials and Methods. Observational cohort of women who received daily oral supplementation of Folervid® during pregnancy starting from the first trimester of pregnancy, who were compared with a control group who did not. Folervid® contained Vitamina C 220 mg; Vitamin B12 2.5 mcg; Vitamin B6 1.4 mcg; Vitamin D 50 mcg (2,000 UI); Folate 400 mcg as 5-Methyl-tetrahydrofolate. The primary outcome was the incidence of preeclampsia.

Results. 100 women met the inclusion criteria and were included in the study. This cohort was compared with a matched control group of 100 controls.

Conclusions. Women who received Folervid® during pregnancy had significantly lower risk of preterm birth at less than 37 weeks of gestation, and first trimester abortion.

Table 1. *Maternal and perinatal outcomes.*

	Folervid ® N = 100	Control N = 100	p-value
Gestational hypertension	2%	2%	0.98
GDM	3%	4%	0.73
Preeclampsia	0%	1%	0.82
PTB <37 weeks	5	13	**0.05**
First trimester abortion	0	7	**0.05**
IUD	0	0	-
Neonatal death	0	0	-
Cesarean delivery	35%	38%	0.63

Bold face data, statistically significant

GDM, gestational diabetes mellitus; PTB, preterm birth; IUD, intrauterine feath death