

Table 2 Beliefs and practices of 400 pregnant or newly delivered women in Tabriz, 2006–2007 regarding selected vitamins and minerals during pregnancy

Item	No.	%
<i>Believe taking iron is necessary in pregnancy</i>		
Yes	318	79.5
No	10	2.5
Don't know	72	18.0
<i>Belief in safety of:</i>		
Vitamin A	234	58.5
B vitamins	242	60.5
Vitamin B ₁	252	63.0
Vitamin C	235	58.8
Vitamin D	229	57.3
Vitamin E	234	58.5
Vitamin K	233	58.3
Folic acid	324	81.0
Calcium	276	69.0
Zinc	265	66.3
Iron	340	85.0
<i>Practice</i>		
Took iron supplement in pregnancy	348	87.0
Doctor recommended	248	71.7
Health centre recommended	97	24.3
Others recommended or self-medicated	16	4.0
Pharmacy/drug store recommended	0	0.0