References

1. McGuire, T., *Preconception planning.* Australian Journal of Pharmacy, 2020(May): p. 60-65.
2. Womens Health Committee of The Royal Australian and New Zealand College of Obstetricians and Gynaecologists. *Vitamin and Mineral Supplementation and Pregnancy (C-Obs 25)*. 2019; Available from: https://ranzcog.edu.au/wp-content/uploads/2022/05/Vitamin-and-Mineral-Supplementation-and-Pregnancy.pdf.
3. Cusick, S.E., et al., *The Role of Nutrition in Brain Development: The Golden Opportunity of the "First 1000 Days".* J Pediatr, 2016. **175**: p. 16-21.
4. Piskin, E., et al., *Iron Absorption: Factors, Limitations, and Improvement Methods.* ACS Omega, 2022. **7**(24): p. 20441-20456.
5. Benson, C.S., et al., *Iron deficiency anaemia in pregnancy: A contemporary review.* Obstet Med, 2021. **14**(2): p. 67-76.
6. Milman, N., *Oral iron prophylaxis in pregnancy: not too little and not too much!* J Pregnancy, 2012. **2012**: p. 514345.
7. Pavord, S., et al., *UK guidelines on the management of iron deficiency in pregnancy.* Br J Haematol, 2020. **188**(6): p. 819-830.
8. Al-Naseem, A., et al., *Iron deficiency without anaemia: a diagnosis that matters.* Clin Med (Lond), 2021. **21**(2): p. 107-113.
9. National Health and Medical Research Council. *Nutrient Reference Values for Australia and New Zealand 2006*. Available from: https://www.nhmrc.gov.au/sites/default/files/images/nutrient-refererence-dietary-intakes.pdf.
10. Australian Government Dept Health and Aged Care. *Pregnancy Care Guidelines. Part F Routine maternal health tets. Anaemia.* 2019 [cited 2023 22 June]; Available from: https://www.health.gov.au/resources/pregnancy-care-guidelines/part-f-routine-maternal-health-tests/anaemia.
11. Flores, C.J., et al., *Maternity iron, anaemia and blood management in South Australia: a practice-based evidence for clinical practice improvement.* Vox Sang, 2020. **115**(8): p. 735-744.
12. Bothwell, T.H., *Iron requirements in pregnancy and strategies to meet them.* Am J Clin Nutr, 2000. **72**(1 Suppl): p. 257s-264s.
13. Malek, L., et al., *Adherence to the Australian dietary guidelines during pregnancy: evidence from a national study.* Public Health Nutr, 2016. **19**(7): p. 1155-63.
14. Dorney, E., et al., *Preconception care.* Aust J Gen Pract, 2018. **47**(7): p. 424-429.
15. Royal Australian College of General Practitioners. *Guidelines for preventive activities in general practice 9th edition*. 2018; Available from: https://www.racgp.org.au/FSDEDEV/media/documents/Clinical%20Resources/Guidelines/Red%20Book/Guidelines-for-preventive-activities-in-general-practice.pdf.