

THE POPPIE STUDY

Are you less than 13 weeks pregnant?

Getting the right amount of iodine in pregnancy is important for baby's brain and nervous system development. Recent studies suggest too much iodine during pregnancy can be just as harmful as not getting enough.

This study aims to determine the optimal level of iodine during pregnancy for baby's development.

Participants will receive free prenatal supplements for the duration of pregnancy and a developmental assessment of their child at 24 months of age.

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the PrEggNut Study

ARE YOU LESS THAN 23 WEEKS PREGNANT?

By 1 year of age, 10% of babies will develop a food allergy. Evidence suggests the ideal time to prevent this may be during pregnancy and breastfeeding.

This research study aims to determine whether mothers regularly eating eggs and peanuts during pregnancy and breastfeeding will reduce food allergies in their babies.

Participants must have a presence of food allergy, asthma, eczema or hay fever in the family and will receive up-to-date guidelines for introducing solid foods to their baby.

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