



# PreNatal Nutrients

## What Is It?

PreNatal Nutrients is a hypo-allergenic, highly bioavailable multi-vitamin and multi-mineral formula designed to promote maternal and fetal well-being.

## Uses For PreNatal Nutrients

**Support For Maternal And Fetal Health:** PreNatal Nutrients provides the nutrients needed to help support maternal and fetal health in the doses that are consistent with the accepted scientific recommendations for pregnant and lactating women. This product also features the essential omega-3 fatty acid DHA, the primary structural fatty acid in the brain and retina. It is included to help support the development of mental and retinal function.\* Furthermore, PreNatal Nutrients provides 1 mg of folic acid for healthy neural and cellular development of the fetal brain and spinal cord, helping to prevent neural tube defects.†

†Women who consume healthful diets with adequate folate may reduce their risk of having a child with birth defects of the brain or spinal cord. Folate intake should not exceed 250% of the DV (1,000 mcg).

## What Is The Source?

The nutrients found PreNatal Nutrients are derived from the following:

- Mixed carotenoids: *D. salina* (algae)
- Vitamin C: corn dextrose fermentation
- Vitamin E: soybean
- Vitamin D<sub>3</sub>: cholesterol from wool fat (lanolin)
- Vitamin B<sub>1</sub> (thiamine HCl): synthetic
- Vitamin B<sub>2</sub> (riboflavin): corn dextrose fermentation
- Niacinamide: synthetic
- Vitamin B<sub>5</sub> (calcium pantothenate): synthetic
- Vitamin B<sub>6</sub> (pyridoxal HCl): synthetic
- Vitamin B<sub>12</sub> (methylcobalamin): corn dextrose fermentation

Folic acid: synthetic

Biotin: synthetic

Minerals: naturally derived from limestone

Sources of the mineral chelates include:

Aspartate: soy protein hydrolysis

Citrate: corn dextrose fermentation

Glycinate: synthetic

Polynicotinate: synthetic

DHA is derived from microalgae.

Hypo-allergenic plant fiber is derived from pine cellulose.

There is no detectable GMO material in this product.

## Recommendations

4 capsules per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

There are no known side effects or precautions associated with this formula. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

## References

1. Wani MA. Neural tube defect and folic acid. *JK Pract* 2000 Jan-Mar;7(1):1-3.
2. Lawrence JM et al. Design and evaluation of interventions promoting periconceptional multivitamin use. *Am J Prev Med.* 2003 Jul;25(1):17-24.

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3. Hernandez-Diaz S et al. Risk of gestational hypertension in relation to folic acid supplementation during pregnancy. *Am J Epidemiol.* 2002 Nov 1;156(9):806-12.  
 4. Timbo B et al. Vitamin and mineral supplementation during pregnancy. *Mil Med.* 1994 Oct;159(10):654-8.  
 5. Healthnotes Clinical Essentials. Copyright 2004. Healthnotes, Inc.

**PreNatal Nutrients**

**four vegetable capsules contain** 

ascorbic acid .....	70 mg.
vitamin C (as ascorbyl palmitate).....	40 mg.
calcium (citrate).....	200 mg.
iron (glycinate) .....	27 mg.
vitamin D <sub>3</sub> .....	400 i.u.
d-alpha tocopherol succinate (vitamin E) .....	18.2 i.u.
thiamin HCl (B <sub>1</sub> ).....	1.6 mg.
riboflavin (B <sub>2</sub> ) .....	1.7 mg.
niacinamide.....	20 mg.
pyridoxine HCl (B <sub>6</sub> ).....	2.2 mg.
folic acid .....	1 mg.
methylcobalamin (B <sub>12</sub> ).....	2.6 mcg.
biotin.....	300 mcg.
pantothenic acid (calcium pantothenate) (B <sub>5</sub> ).....	6 mg.
iodine (potassium iodide).....	150 mcg.
magnesium (citrate).....	80 mg.
zinc (citrate) .....	15 mg.
selenium (selenomethionine) .....	70 mcg.
copper (glycinate).....	2 mg.
manganese (aspartate) .....	2 mg.
chromium (polynicotinate).....	120 mcg.
molybdenum (aspartate) .....	75 mcg.
mixed carotenoids.....	8,000 i.u.
providing:	
beta carotene .....	4,570 mcg.
alpha carotene .....	144 mcg.
zeaxanthin .....	29 mcg.
cryptoxanthin .....	35 mcg.
lutein.....	22 mcg.
DHA (docosahexaenoic acid).....	100 mg.
(derived from vegetable source)	
other ingredients: denatured corn starch, hypo-allergenic plant fiber	
<b>4 capsules per day, in divided doses, with meals.</b>	