



Prenatal

Optimal Micronutrient Support
for a Healthy Pregnancy*

Pregnancy represents a time of great physiological change in a woman's body. Nutritional requirements change too. Vitamin and mineral needs increase substantially in order to develop and grow a healthy fetus. Medical professionals often recommend the addition of a high quality prenatal supplement to ensure adequate intake of essential micronutrients.*¹

How Prenatal Works

The concentrated nutrients in Prenatal may cover any nutritional gaps in the expectant mother's diet and provide the fetus with needed vitamins and minerals for proper development.*² Prenatal supplements typically provide more folic acid and iron than standard multivitamins for these purposes:

- Women who consume adequate folic acid in healthful diets may reduce their risk of having a child with brain or spinal cord birth defects.^{3,4,5}
- Iron supplementation helps support the expectant mother from becoming anemic and supports the fetus' healthy growth and development.*^{6,7}

A high quality vitamin and mineral supplement such as Prenatal can help a mother-to-be sustain her own health during pregnancy and minimize certain risks during the growth and development of the fetus and later in life.*^{8,9} Prenatal is specially formulated to provide a wide spectrum of essential nutrients in optimal concentrations for a healthy pregnancy.*

Prenatal Supplementation

Clinical studies widely accept that the nutrition of an expectant mother has an effect on the health of the fetus and the child later in life.* The benefits of prenatal supplementation may include:

- Supports healthy fetal development*
- Supports the maintenance of good health for the expectant mother*
- Provides essential nutrients for the expectant mother and baby*



Form: 180 Capsules

Serving Size: 6 Capsules

Ingredients	Amount	%DV	Ingredients	Amount	%DV
Vitamin A (80% as mixed carotenoids and 20% as retinyl palmitate)	1,500 mcg RAE	167%	Calcium (as calcium citrate)	400 mg	31%
Vitamin C (as ascorbic acid and niacinamide ascorbate)	500 mg	556%	Iron (as ferrous bisglycinate chelate)	30 mg	167%
Vitamin D3 (as cholecalciferol)	50 mcg	250%	Iodine (as potassium iodide)	200 mcg	133%
Vitamin E (as d-alpha tocopherol succinate)	82 mg	547%	Magnesium (as magnesium oxide)	300 mg	71%
Vitamin K (as phytonadione)	100 mcg	83%	Zinc (as zinc glycinate chelate)	20 mg	182%
Thiamin (as thiamin mononitrate)	5 mg	417%	Selenium (as selenium chelate)	200 mcg	364%
Riboflavin	5 mg	385%	Copper (as copper citrate)	2 mg	222%
Niacin (as niacinamide ascorbate)	25 mg NE	156%	Manganese (as manganese citrate)	1.2 mg	52%
Vitamin B6 (as pyridoxine HCl and pyridoxal-5-phosphate)	20 mg	1,176%	Chromium (as chromium nicotinate glycine chelate)	150 mcg	429%
Folate (as (6S)-5-methyltetrahydrofolic acid, glucosamine salt) (1,700 mcg Quatrefolic®)	1,445 mcg DFE	361%	Molybdenum (as molybdenum aspartate)	50 mcg	111%
Vitamin B12 (as methylcobalamin)	125 mcg	5,208%	Choline (as choline bitartrate)	175 mg	32%
Biotin	300 mcg	1,000%	Fucosyllactose	200 mg	**
Pantothenic acid (as Calcium-D-pantothenate)	25 mg	500%	Inositol	50 mg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Other Ingredients:

Hydroxypropyl methylcellulose, microcrystalline cellulose, silicon dioxide. **Contains: Milk**

Quatrefolic® is a registered trademark material of Gnosis SpA. Patent No. 7,947,662.

Directions:

Take six capsules daily with food or as directed by your healthcare practitioner.

Caution: If taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women or women who may become pregnant should not exceed 3,000 mcg RAE (10,000 IU) of preformed vitamin A (retinyl palmitate) per day.



NON-GMO



GLUTEN-FREE



PRODUCED IN A cGMP FACILITY

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References:

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