



# PreNatal Nutrients

## Improved

Introduced 2004



### What Is It?

PreNatal Nutrients is a hypoallergenic, highly bioavailable multi-vitamin and multi-mineral formula designed to promote maternal and fetal well-being. Additionally, it provides 100 mg of choline to support fetal central nervous system development.

### 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. Furthermore, PreNatal Nutrients provides 1 mg of folate (as folic acid and Metafolin 5-MTHF, the naturally occurring, universally metabolized form of folate) 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 in PreNatal Nutrients are derived from the following:

Beta carotene: *Blakeslea trispora*

Lycopene: natural tomato concentrate

Lutein: marigold flower extract

Zeaxanthin: synthetic

Vitamin C: corn dextrose fermentation

Vitamin E: soybean

Vitamin D<sub>3</sub>: cholesterol from wool fat (lanolin)

Vitamin K<sub>1</sub>: synthetic

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

Folate: synthetic

Biotin: synthetic

Choline: synthetic

Minerals: naturally derived from earthen ore

Sources of the mineral chelates include:

Citrate: corn dextrose fermentation

Glycinate: synthetic

Polynicotinate: synthetic

Mixed carotenoid profile typically contains 4,800 mcg beta carotene, 133 mcg lycopene, 265 mcg lutein and 53 mcg zeaxanthin.

There is no detectable GMO material in this product.

### Recommendations

Pure Encapsulations® recommends two capsules daily, 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.

(continued)


## PreNatal Nutrients

two vegetarian capsules contain  v 00

vitamin A (as beta carotene) .....	8,000 iu
vitamin C (as ascorbic acid) .....	70 mg
vitamin D (as cholecalciferol) (D <sub>3</sub> ) .....	600 iu
vitamin E .....	18 iu
(as d-alpha tocopherol succinate)	
vitamin K (as vitamin K <sub>1</sub> ) .....	90 mcg
thiamin (as thiamin HCl) (B <sub>1</sub> ) .....	1.6 mg
riboflavin (vitamin B <sub>2</sub> ) .....	1.7 mg
niacin (as niacinamide) .....	20 mg
vitamin B <sub>6</sub> (as pyridoxine HCl) .....	2.2 mg
folate (as Metafolin <sup>®</sup> , L-5-MTHF and 40% folic acid) .....	1 mg
vitamin B <sub>12</sub> (as methylcobalamin) .....	2.6 mcg
biotin .....	300 mcg
pantothenic acid (as calcium pantothenate) (B <sub>5</sub> ) .....	6 mg
calcium (as DimaCal <sup>®</sup> di-calcium malate) .....	200 mg
iron (as iron glycinate) .....	27 mg
iodine (as potassium iodide) .....	150 mcg
magnesium (as magnesium citrate) .....	80 mg
zinc (as zinc citrate) .....	15 mg
selenium (as selenomethionine) .....	70 mcg
copper (as copper glycinate) .....	1 mg
manganese (as manganese citrate) .....	2 mg
chromium (as chromium polynicotinate) .....	120 mcg
molybdenum (as TRAACS <sup>®</sup> ) .....	75 mcg
molybdenum glycinate chelate)	
choline (as choline bitartrate) .....	100 mg
mixed carotenoid proprietary blend .....	450 mcg
(as lutein, lycopene and zeaxanthin)	
other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)	

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

2 capsules daily, in divided doses, with meals.

**FloraGLO**<sup>®</sup> LUTEIN  is a registered trademark of Kemira Industries, Inc.

Zeaxanthin is sourced from OPTISHARP<sup>™</sup> brand. OPTISHARP is a trademark of DSM Nutritional Products, Inc.

DimaCal<sup>®</sup> and TRAACS<sup>®</sup> are registered trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending.

**CHROMEMATE**<sup>®</sup> ChromeMate<sup>®</sup> brand niacin-bound chromium. ChromeMate<sup>®</sup> is a registered trademark of InterHealth, N.I.

Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.