

PreNatal Nutrients

Multivitamin/mineral complex for pregnancy and lactation[†]

INDICATIONS

- Women of child-bearing age, pregnant women and lactating women
- Healthy pregnancy and lactation support[†]

BENEFITS

- Provides essential vitamins, minerals and nutrients based on scientific recommendations for pregnancy and lactation[†]
- Supports hormone, neurotransmitter, DNA, protein and energy production[†]
- Promotes optimal neural and cellular development[†]

FEATURES

- Nutrient support for women of childbearing age, pregnant women and lactating women[†]
- With Metafolin[®] L-5-MTHF, the naturally occurring, universally metabolized form of folate
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

PreNatal Nutrients provides the vitamins and minerals needed to help support maternal and fetal health. Best when combined with EPA/DHA. This formula provides 1 mg of folate as 40% folic acid and 60% Metafolin[®] L-5-methyltetrahydrofolate (L-5-MTHF), a naturally occurring, universally metabolized form of folate, for optimal neural and cellular development.^{1,2} Vitamin D is included at a dose based on revised RDA requirements for pregnancy.³ Vitamin K supports healthy carboxylation of proteins for blood-clotting and bone health.⁴ Choline (100 mg) contributes to neurotransmitter production, DNA synthesis, protein and energy metabolism, and fetal central nervous system development.⁵ Iron (27 mg) and iodine (150 mcg) meet the enhanced requirements during pregnancy.⁶ This product is formulated based on accepted scientific recommendations for micronutrient requirements during pregnancy. It is appropriate during pregnancy and lactation, and as a multivitamin for women of childbearing age.[†]

SUGGESTED USE

As a dietary supplement, take 2 capsules daily, with a meal.

STORAGE

Store in a cool, dry place.

WARNING

Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.

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.

SOURCE

- Beta carotene: *Blakeslea trispora*
- Lycopene: natural tomato concentrate
- Lutein: marigold flower extract
- Zeaxanthin: synthetic
- Vitamin C: corn dextrose fermentation
- Vitamin E: soybean
- Vitamin D₃: cholesterol from wool fat (lanolin)
- Vitamin K₁: synthetic
- Vitamin B₁ (thiamine HCl): synthetic
- Vitamin B₂ (riboflavin): corn dextrose fermentation
- Niacinamide: synthetic
- Vitamin B₅ (calcium pantothenate): synthetic
- Vitamin B₆ (pyridoxal HCl): synthetic
- Vitamin B₁₂ (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

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Multivitamin/mineral complex for pregnancy and lactation[†]

NOTES

Size 00 caps

Bottle count 60, 120

Order codes PRN6, PRN1

Bottle size 190 cc, 290 cc

REFERENCES

1. Milunsky A. *JAMA*. 1989 Nov 24;262(20):2847-52.
2. Prinz-Langenohl R, et al. *Br J Pharmacol*. 2009 Dec; 158(8): 2014–2021.
3. Hashemipour S, et al. *Br J Nutr*. 2013 Nov 14;110(9):1611-6.
4. Shearer MJ, et al. *J Nutr*. 1996 Apr;126(4 Suppl):1181S-6S.
5. Meck, WH, et al. *Neuroscience and Biobehavioral Reviews* 27 (2003) 385–399
6. Dawson EB, McGanity WJ. *J Reprod Med*. 1987 Jun;32(6 Suppl):478-87.

SUPPLEMENT FACTS

2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	2,400 mcg
Vitamin C (as ascorbic acid)	70 mg
Vitamin D (as cholecalciferol) (D ₃)	15 mcg (600 IU)
Vitamin E (as d-alpha tocopherol succinate)	12 mg
Vitamin K (as vitamin K ₁)	90 mcg
Thiamin (as thiamin HCl) (B ₁)	1.6 mg
Riboflavin (vitamin B ₂)	1.7 mg
Niacin (as niacinamide)	20 mg
Vitamin B ₆ (as pyridoxine HCl)	2.2 mg
Folate (as Metafolin [®] , L-5-MTHF, and 40% folic acid)	1,667 mcg DFE (600 mcg L-5-MTHF; 400 mcg folic acid)
Vitamin B ₁₂ (as methylcobalamin)	2.6 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	6 mg
Choline (as choline bitartrate)	100 mg
Calcium (as DimaCal [®] 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 [®] molybdenum glycinate chelate)	75 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	450 mcg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Metafolin[®] is a registered Trademark of Merck KGaA, Darmstadt, Germany.

*FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP[®] brand. OPTISHARP[®] is a trademark of DSM

ChromeMate[®] brand niacin-bound chromium. ChromeMate[®] & logo are trademarks of Lonza or its affiliates.

DimaCal[®] and TRAACS[®] are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

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PreNatal Nutrients	Quantity	Order Code
	120	PRN1
	60	PRN6

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