



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

The Prenatal formula also includes 2'-FL (fucosyllactose) and vitamin B6. Clinical studies show that oral supplementation with 2'-FL during pregnancy may support the child's cognitive abilities and help promote a healthy gut microbiota for the mother.*8,9 To further support the health and well-being of the mother and child, vitamin B6 is included to help support balanced moods.*10,11

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.*12,13 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 overall health and well-being during preconception, pregnancy, and nursing*
- Supports overall health and well-being for fetal development and the baby*
- Promotes a healthy gut microbiota*
- Supports balanced mood*



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	115%	Calcium (as calcium citrate)	400 mg	31%
Vitamin C (as ascorbic acid and niacinamide ascorbate)	500 mg	417%	Iron (as ferrous bisglycinate chelate)**	30 mg	111%
Vitamin D3 (as cholecalciferol)	50 mcg	333%	Iodine (as potassium iodide)	200 mcg	69%
Vitamin E (as d-alpha tocopheryl succinate)	82 mg	432%	Magnesium (as magnesium oxide)	300 mg	75%
Vitamin K (as phytonadione)	100 mcg	111%	Zinc (as zinc glycinate chelate)***	20 mg	154%
Thiamin (as thiamin mononitrate)	5 mg	357%	Selenium (as selenium chelate)	200 mcg	286%
Riboflavin	5 mg	313%	Copper (as copper citrate)	2 mg	154%
Niacin (as niacinamide ascorbate)	25 mg NE	139%	Manganese (as manganese citrate)	1.2 mg	46%
Vitamin B6 (as pyridoxine HCl and pyridoxal-5'-phosphate)	20 mg	1,000%	Chromium (as chromium nicotinate glycine chelate)***	150 mcg	333%
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)†	1,700 mcg DFE	283%	Molybdenum (as molybdenum aspartate)	50 mcg	100%
Vitamin B12 (as methylcobalamin)	125 mcg	4,464%	Choline (as choline bitartrate)	175 mg	32%
Biotin	300 mcg	857%	2'-Fucosyllactose (2'-FL)	200 mg	**
Pantothenic acid (as calcium-c-pantothenate)	25 mg	357%	Inositol	50 mg	**

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

Other Ingredients:

Hypromellose, microcrystalline cellulose, silica.

† BioFolate® is a federally registered trademark of MTC Industries, Inc.

** Ferrochel™ and *** TRAACS™ are trademarks of Balchem Corp. or Albion Labs.

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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