



# 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. 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 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 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: synthetic  
Citrate: corn dextrose fermentation  
Glycinate: synthetic  
Polynicotinate: synthetic

There is no detectable GMO material in this product.

## Recommendations

2 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.

*(continued)*

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

For educational purposes only. Consult your physician for any health problems.

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**PreNatal Nutrients**

two vegetable capsules contain  V 00

|   |            |
|---|------------|
| 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 .....   | 4,800 mcg. |
| lycopene.....   | 133 mcg.   |
| lutein <sup>††</sup> .....                                      | 265 mcg.   |
| zeaxanthin <sup>†</sup> .....                                   | 53 mcg.    |

**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.**

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