

Prenatal & Nursing Formula

Enhanced multi-nutrient support before, during, and after pregnancy[†]

Introduction

Prenatal & Nursing Formula is a three-per-day multivitamin and mineral supplement formulated to address several key nutritional needs of pregnant and nursing women often overlooked in other prenatal multis.[†] The amounts and forms of each nutrient in this formula ensure a high degree of bioavailability, tolerance, and safety.[†]

Product features

- A balanced mix of over 20 vitamins, minerals, trace elements, and other important nutrients in bioavailable forms to support absorption and tolerance.[†]
- 50 mcg (2,000 IU) of vitamin D₃ to meet increased needs for fetal growth, bone development, and other essential functions.[†]
- Active forms of folate (Metafolin® L-5-MTHF), vitamin B₁₂, and vitamin B₆ to support absorption and utilization by the body.[†]
- Added iron, in a bioavailable and easy-to-tolerate form, to support oxygen transport, immune function, energy production, and fetal brain development.[†]
- Free of the following common allergens: milk/casein, eggs, fish, shellfish, peanuts, and wheat. Contains no artificial colors, flavors, or preservatives.

How Prenatal & Nursing Formula works

Prenatal & Nursing Formula provides a comprehensive mix of vitamins and minerals to meet the increased nutritional needs of women who plan to become pregnant as well as pregnant and nursing mothers.[†] Highlighted ingredients in this formula include:

Vitamin A/carotenoids: Preformed vitamin A and mixed carotenoids provide more complete vitamin A nutrition while ensuring preformed vitamin A is supplied at a safe level for pregnancy. Retinoid forms of vitamin A participate in regulation of fetal gene expression, growth and differentiation of cells and tissues, vision, and development of the immune system.[†]

Vitamins C and E: These antioxidant vitamins combat increased oxidative stress that occurs during pregnancy, in addition to serving a wide range of biological and developmental functions.[†] Vitamin E is supplied as d-alpha tocopheryl succinate plus mixed tocopherols (d-alpha, d-beta, d-gamma, d-delta) for synergistic benefit.

Vitamin D: Adequate vitamin D intake is essential for maternal and fetal health during pregnancy, and population studies show that many pregnant women have sub-optimal vitamin D levels. In pregnancy, vitamin D modulates maternal immune responses to the placenta and is essential for proper placental implantation.¹¹ At 50 mcg (2,000 IU) per serving, Prenatal & Nursing Formula provides ample vitamin D to support the demands of pregnant and nursing women.

Folate: Folate is essential to support normal fetal development including neural tube development.[†] There is evidence that folic acid, the synthetic form of folate most commonly used in dietary supplements, may not be optimal for some people. Prenatal & Nursing Formula provides 1,360 mcg DFE (800 mcg) of folate as methylfolate (L-5-MTHF), the biologically active form found in the body.

Biotin: Biotin metabolism accelerates during pregnancy and biotin reserves decline as pregnancy progresses.² Prenatal & Nursing Formula supplies the recommended daily amount of biotin to support rapidly dividing fetal cells.[†]

Vitamin B₁₂: Vitamin B₁₂ is critical during pregnancy to support healthy birth weight, neural tube development, and the countless methylation reactions required to support gene expression, cell differentiation, and organogenesis during all stages of embryonic and fetal development.[†] Prenatal & Nursing Formula provides methylcobalamin, an active form of vitamin B₁₂.

Iron: Pregnancy significantly increases a woman's need for iron and most pregnant women do not consume adequate amounts of iron from food. Iron is required for normal growth and development of the fetus and placenta, and for expansion of the mother's red blood cell volume.[†] Prenatal & Nursing Formula provides iron as ferrous bisglycinate chelate, a bioavailable and well-tolerated form.

[†]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.

Iodine: Sufficient iodine intake is required for normal maternal thyroid hormone synthesis.[†] Beyond supporting the mother, thyroid hormone is essential for myelination of the fetal brain and spinal cord.[†]

Choline: Choline is required for normal embryonic and fetal brain development.[†] Betaine, a metabolite of choline, is required for methylation reactions necessary for cell differentiation, gene transcription, and organogenesis.[†] Prenatal & Nursing Formula supplies choline in the bioavailable form of phosphatidylcholine.[†]

Formula

SUGGESTED USE: Adults: Before, during and after pregnancy (and/or while breast feeding) take 3 capsules daily with food or as directed by healthcare professional. Not intended for children. **Caution:** If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of the reach of children.

Supplement Facts

Serving Size 3 Capsules

Amount Per 3 Capsules	% Daily Value for Pregnant and Lactating Women	
Vitamin A (80% (1,200 mcg RAE) as natural carotenes (beta-carotene, alpha-carotene and beta-cryptoxanthin) from <i>D. salina</i> and 20% (300 mcg RAE) as vitamin A palmitate)	1,500 mcg RAE	115%
Vitamin C (as L-ascorbic acid)	100 mg	83%
Vitamin D ₂ (as cholecalciferol)	50 mcg	333%
Vitamin E (as RRR-alpha-tocopheryl acid succinate, RRR-alpha-tocopherol) ^{††}	28 mg	147%
Vitamin K (50% as vitamin K ₁ (phytonadione) and 50% as vitamin K ₂ (menaquinone-7))	60 mcg	67%
Thiamin (as thiamine HCl)	3.4 mg	243%
Riboflavin	4 mg	250%
Niacin (75% as niacinamide and 25% as niacin)	20 mg NE	111%
Vitamin B ₆ (50% as pyridoxine HCl and 50% as pyridoxal 5'-phosphate)	15 mg	750%
Folate (as Metafolin ^{†††} L-5-methyltetrahydrofolate)	1,360 mcg DFE (800 mcg)	227%
Vitamin B ₁₂ (as methylcobalamin)	500 mcg	17,857%
Biotin (D-biotin)	300 mcg	100%
Pantothenic Acid (as calcium D-pantothenate)	10 mg	143%
Choline (as phosphatidylcholine)	150 mg	27%
Calcium (as calcium citrate-malate)	100 mg	8%
Iron (as Ferrochel ^{†††} ferrous bisglycinate chelate ^{††})	27 mg	100%
Iodine (from kelp)	150 mcg	52%
Magnesium (as TRAACS ^{†††} magnesium bisglycinate chelate, magnesium oxide ^{††})	125 mg	31%
Zinc (as zinc bisglycinate chelate ^{††})	15 mg	115%
Selenium (as selenium amino acid complex)	50 mcg	71%
Copper (as copper gluconate ^{††})	0.5 mg	38%
Chromium (as chromium nicotinate glycinate chelate ^{††})	75 mcg	167%
Molybdenum (as molybdenum glycinate chelate ^{††})	10 mcg	20%
Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR-gamma) ^{††}	3.3 mg	*
Natural Mixed Carotenoids (lutein and zeaxanthin from <i>D. salina</i>)	25 mcg	*

*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), cellulose, silicon dioxide, coconut oil powder, and natural citrus flavor.

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



^{††}Albion[®] Laboratories.

^{†††}Vitamin E derived from highly-refined soy oil that has soy protein removed.

PRN 90 capsules

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. KEEP OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

How supplied

90 capsules.

Storage

Store in a cool, dry place (59°F-85°F) away from direct light.

References

1. Shin JS, et al. Vitamin D Effects on Pregnancy and the Placenta. *Placenta*. 2010 Dec; 31(12): 1027-1034.
2. Pery CA, et al. Pregnancy and lactation alter biomarkers of biotin metabolism in women consuming a controlled diet. *J Nutr*. 2014 Dec;144(12):1977-84.

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