NutriDyn®

Prenatal

Optimal Micronutrient Support
for a Healthy Pregnancy♦

GLUTEN-FREE NON-GMO cGMP FACILITY

Prenatal Supplementation

Pregnancy represents a time of great physiological change in a woman's body. Nutritional requirements also change, with vitamin and mineral needs increasing substantially to support the development and growth of a healthy fetus. Medical professionals often recommend adding a high-quality prenatal supplement to ensure adequate intake of essential micronutrients.♦[1]

Clinical studies widely accept that an expectant mother's nutrition affects 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 moods♦

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 promote a healthy gut microbiota for the mother.♦[8,9] To further support the mother and child's health and well-being, vitamin B6 is included to help support balanced moods.♦[10,11]

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How Prenatal Works Continued

A high-quality vitamin and mineral supplement such as Prenatal can help a mother-to-be sustain her 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.

Supplement Facts

Serving Size: 6 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV*
Vitamin A (80% as mixed carotenoids and 20% as retinyl palmitate)	1,500 mcg RAE	115%
Vitamin C (as ascorbic acid and niacinamide ascorbate)	500 mg	417%
Vitamin D3 (as cholecalciferol)	50 mcg	333%
Vitamin E (as d-alpha tocopheryl succinate)	82 mg	432%
Vitamin K (as phytonadione)	100 mcg	111%
Thiamin (as thiamin mononitrate)	5 mg	357%
Riboflavin	5 mg	313%
Niacin (as niacinamide ascorbate)	25 mg NE	139%
Vitamin B6 (as pyridoxal-5′-phosphate and pyridoxine HCl)	20 mg	1,000%
Folate (as calcium L-5-methyltetr-ahydrofolate) (BioFolate®)	1,700 mcg DFE	283%
Vitamin B12 (as methylcobalamin)	125 mcg	4,464%
Biotin	300 mcg	857%
Pantothenic acid (as calcium-d-pantothenate)	25 mg	357%
Choline (as choline bitartrate)	175 mg	32%
Calcium (as calcium citrate)	400 mg	31%
Iron (as ferrous bisglycinate chelate) (Ferrochel™)	30 mg	111%
Iodine (as potassium iodide)	200 mcg	69%
Magnesium (as magnesium oxide)	300 mg	75%
Zinc (as zinc bisglycinate chelate) (Ferrochel™)	20 mg	154%

	Amount Per Serving	%DV*
Selenium (as selenium chelate)	200 mcg	286%
Copper (as copper citrate)	2 mg	154%
Manganese (as manganese citrate)	1.2 mg	46%
Chromium (as chromium nicotinate glycinate chelate)(TRAACS™)	150 mcg	333%
Molybdenum (as molybdenum amino acid chelate)	50 mcg	100%
2′-Fucosyllactose (2′-FL)	200 mg	**
Inositol	50 mg	**

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.

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.

Caution: If taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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♦ 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.

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