

# 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 child-bearing age, pregnant women and lactating women†
- With Metafolin® L-5-MTHF, the naturally occurring, universally metabolized form of folate
- Made with high-quality vegan ingredients that are 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 Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), a naturally occurring, universally metabolized form of folate, for optimal neural and cellular development.<sup>1,2</sup> Vitamin D is offered as algae-derived vegan source.<sup>3</sup> Vitamin K supports healthy carboxylation of proteins for blood-clotting and bone health.<sup>4</sup> Choline (100 mg) contributes to neurotransmitter production, DNA synthesis, protein and energy metabolism, and fetal central nervous system development.<sup>5</sup> Iron (27 mg) and iodine (150 mcg) meet the increased requirements during pregnancy.<sup>6†</sup>

### 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.

### SOURCES

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>: algae  
 Vitamin K<sub>1</sub>: synthetic  
 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  
 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

# PreNatal Nutrients

Multivitamin/mineral complex for pregnancy and lactation<sup>†</sup>

## NOTES

Size 00 caps

Bottle count 60, 120

Order codes PRN26, PRN21

Bottle size 190 cc, 290 cc

Vegan

## 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 <sub>3</sub> )	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	12 mg
Vitamin K (as vitamin K <sub>1</sub> )	90 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	1.6 mg
Riboflavin (as vitamin B <sub>2</sub> )	1.7 mg
Niacin (as niacinamide)	20 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl)	2.2 mg
Folate (as Metafolin <sup>®</sup> , L-5-MTHF)	1,667 mcg DFE ;
L-5-MTHF)	(1,000 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	2.6 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	6 mg
Choline (as choline bitartrate)	100 mg
Calcium (as di-calcium malate) (DimaCal <sup>™</sup> )	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 <sup>®</sup> 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<sup>®</sup> is a registered Trademark of Merck KGaA, Darmstadt, Germany.

ChromeMate<sup>®</sup> brand niacin-bound chromium. ChromeMate<sup>®</sup> & logo are trademarks of Lonza or its affiliates.

DimaCal<sup>®</sup> and TRAACS<sup>®</sup> are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

**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.**

**Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking any blood-thinning medication, consult your health professional before use.**



PreNatal Nutrients	Quantity	Order Code
	120	PRN21
	60	PRN26

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.

<sup>†</sup>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.

800.753.2277 | [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com)

©2022 Pure Encapsulations, LLC. All Rights Reserved.

**pure**  
encapsulations<sup>®</sup>