



Nature's Prenatal

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Nature's Prenatal is a balanced, one-a-day multiple vitamin and mineral supplement designed to be used during pregnancy and lactation when a woman's body requires extra nutrients. Nature's Prenatal supplies 11 vitamins and 6 minerals necessary for adequate energy and metabolism. Nature's Prenatal also contains ginger root, proven to prevent nausea and morning sickness. Nature's Prenatal contains no artificial colors or flavors, gluten, lactose, milk, preservatives, soy, sugar, sweeteners, wheat or yeast.

Research shows that during pregnancy, the conditions of both the mother and child are vastly improved with dietary supplementation. Healthy prenatal nutrition will also result in a more comfortable pregnancy, easier delivery, healthier baby, and a better chance of success in nursing.

According to studies, pregnant women require, on the average, 300 more calories per day, 65% more protein, 50% more calcium and magnesium, 33% more vitamin C, 100% more folic acid and vitamin D, 25% more vitamin A, E and zinc, as well as extra iron. The condition of the unborn child during the prenatal period can either promote the child's healthy development or prevent the child from reaching its full genetic potential. Recent studies demonstrate the unborn child actually competes with the mother for nutrients. If the mother fails to eat properly, the child will suffer the results. Any deficiencies in vitamins, minerals or enzymes for the mother can deprive her baby of critical nutrients for development and can result in stillbirth, premature birth with low birth weight, brain damage (including impaired intelligence and psychological problems), or weakened immunity to infectious diseases. Studies show maternal malnutrition can result in low birth weight (under 5.5 pounds), which has been shown to increase a child's risk of developing coronary heart disease, diabetes, and high blood pressure later in life.

Each tablet of Nature's Prenatal provides:

Vitamin A (beta-carotene) - 5,000 IU
Vitamin D (fish oil) - 400 IU
Vitamin E (d-alpha tocopherol) - 30 IU
Vitamin C (ascorbic acid) - 70mg
Vitamin B1 (thiamine mononitrate) - 3mg
Vitamin B2 (riboflavin) - 3mg
Niacin (B3 - niacinamide) - 17mg
Pantothenic acid (B5 - d-calcium pantothenate) - 5mg
Vitamin B6 - (pyridoxine hydrochloride) - 3mg
Folic acid (folacin) - 800mcg
Vitamin B12 (cyanocobalamin) - 5mcg
Biotin - 30mcg
Magnesium (oxide) - 75mg
Iron (ferrous fumarate) - 27mg
Copper - 1mg
Iodine (potassium iodide) - 75mcg
Zinc (gluconate) - 7mg

Vitamin A (beta-carotene) supports the immune system and the production of T-cells which fight disease, assists the growth and repair of tissues, helps protect mucous membranes, and is necessary for the secretion of digestive fluids, for building strong bones and teeth, for building the blood, and for healthy eyesight.

Vitamin B1 (thiamine) is necessary for a healthy nervous system. Vitamin B1 is an essential part of the conversion of blood sugar into energy and is a component of key metabolic reactions in the heart, in nerve tissues, and in the production of new cells. B1 is crucial to the preservation of both smooth and skeletal muscles. Vitamin B1 requirements are significantly increased during late pregnancy and postdelivery.

Vitamin B2 (riboflavin) works with an enzyme to help create energy and inhibit free radical damage to the body. B2 is a strong antioxidant; however, because it is water soluble and cannot be stored in the body, B2 must be replaced continuously. B2 assists digestion and helps maintain healthy hair, nails, skin, and vision.

Vitamin B3 (niacin) aids in the production of energy in the cells, promotes mental and physical health, assists in regulating blood sugar levels, and helps to reduce high cholesterol and prevent high blood pressure which can lead to

heart attacks. Niacin has also been shown to prevent mental illness and lower high cholesterol.

Vitamin B5 (pantothenic acid) supports healthy adrenal function. Pantothenic acid is also needed for healthy digestion and metabolism, for the production of antibodies, and for proper growth. Pantothenic acid deficiency can cause stunted growth, graying hair, hemorrhaging and adrenal malfunction.

Vitamin B6 (pyridoxine hydrochloride) is necessary for adequate enzyme function and prevents epileptic seizures which can lead to coma. B6 also helps nausea and vomiting associated with morning sickness, and has been found to help regulate fluid retention associated with the development of toxemia. B6 is also necessary for the production of nucleic acids, protein, red blood cells, immune cells, and neurotransmitters, which keep the brain and nervous system functioning correctly.

Vitamin B12 (cyanocobalamin) is vital for the production of red blood cells, the utilization of protein, for proper growth, and for building immunity and treating certain degenerative diseases. B12 is also used therapeutically for various mental and nervous disorders and for improving learning abilities. Furthermore, in recent years, B12 shots have become a popular treatment for boosting energy and counteracting allergens.

Biotin is necessary for healthy growth and assists in the conversion of carbohydrates, proteins and fats into fuel for the body. Biotin increases the body's immune system to fight a variety of diseases, including yeast infections.

Vitamin C supports the immune system, assists in the production of collagen and new tissues, and facilitates the absorption of iron. Women prone to miscarry may be able to carry their child full-term with adequate vitamin C and bioflavonoid intake. Some physicians recommend 500mg - 4 grams daily, increasing to as much as 10-15 grams toward the end of the pregnancy. Consult your healthcare practitioner as individual needs and tolerances vary.

Copper helps support healthy development of blood vessels, bones and nerves, and assists in the production of elastin which keeps tissues and bones from becoming fragile and rigid. Copper is also required for the production of RNA.

Vitamin D (fish oil) is necessary for proper absorption of calcium and for the prevention of rickets, which causes abnormal bone formation. Vitamin D is needed in sufficient amounts in order for calcium to be metabolized in the body. Vitamin D is the most important vitamin in relation to calcium absorption, working together with the parathyroid hormone to maintain balanced levels of calcium in the blood. Vitamin D also stimulates the production of calcium-specific protein carriers which transport calcium through the intestinal wall and into the bloodstream.

Vitamin E is a powerful antioxidant which helps protect the body against free radical damage. Sufficient levels of vitamin E are essential for healthy neurological functioning—a deficiency can often cause nerve damage. Vitamin E improves blood flow by dilating blood vessels, inhibits blood clotting, strengthens capillary walls, transports nutrients to cells, assists eye focus, promotes healing of wounds and reduces scarring, and protects the body against damage from environmental pollutants. Vitamin E has also been shown to help prevent miscarriage. During childbirth, vitamin E can help the elasticity and expandability of vaginal tissues, and help delivery to be easier and shorter.

Folic acid is critical for pregnant women because it assists the enzyme responsible for DNA duplication, and is necessary for healthy development of the spinal cord. Folic acid deficiency will slow a baby's growth and can result in miscarriage or brain or neural tube defects, causing children to be born mentally retarded. Pregnant women, and even women considering pregnancy, should be sure they are getting 800mcg of folic acid in their diets daily. Nature's Prenatal supplies 800mcg of folic acid, twice the amount found in other prenatal supplements and the amount now recommended by the most current research studies.

Ginger helps prevent morning sickness and nausea and facilitates digestion. Studies show ginger relaxes muscle spasms and relieves pain and inflammation associated with rheumatic conditions. Ginger produces a strong stimulating effect on muscular contractions of the heart, validating ginger's use for improving overall circulation. Ginger also helps lower serum cholesterol levels. Researchers have determined that ginger significantly reduces platelet aggregation—the tendency of blood cells to stick together or clot—which may help in the prevention of heart attacks.

Iodine is necessary for proper thyroid function and healthy hair, nails and skin. Iodine deficiency during pregnancy may cause SIDS (Sudden Infant Death Syndrome) or mental retardation. Iodine facilitates growth and development, energy production, and assists in regulating metabolism.

Iron assists in cell production and the transportation of oxygen to the cells, and helps prevent miscarriage. Iron is vital

for the healthy development of blood, bones and soft tissues, for the prevention of fetal malformation. Adequate iron intake is necessary for the prevention of anemia in either the mother or child, and to protect the mother against excessive blood loss during childbirth.

Magnesium assists calcium absorption, regulates the heart beat, and can help prevent premature labor and preeclampsia. Magnesium also helps prevent muscle cramps.

Zinc is necessary for healthy growth and immune system function. Zinc also plays a role in DNA and RNA formation. Mothers with zinc deficiencies are more prone to having children born with birth defects or behavioral problems. Zinc may also help ease difficult childbirth.

Companion products:

SynerProtein - Adequate protein intake, whether of animal or plant origin, is crucial for the development of blood, bones and soft tissues. Protein is also necessary for achieving the 20% increase in blood volume during pregnancy.

SynerPro Calcium-Magnesium, Calcium Plus Vitamin D, or Skeletal Strength - Calcium is essential for development of bones and soft tissues, and helps expectant mothers with nervousness and insomnia. Calcium, combined with vitamin D to enhance absorption, has also been found to decrease sensitivity to pain and may help reduce the pain of childbirth. According to numerous reports, taking 2,000mg of calcium between the onset of labor and arrival at the hospital has helped many women to experience easier deliveries.