

## PROFESSIONAL USE ONLY

Not for resale on third-party websites, including, but not limited to, Amazon® and eBay®.

**DIRECTIONS:** Take contents of one packet daily as directed by your healthcare practitioner.

**Prenatal Essentials™** is designed to meet the higher nutritional needs of women who are preparing for pregnancy or are pregnant. This formula not only addresses these additional needs in a comprehensive way, but it also reflects recent research by including key nutrients in forms that optimize absorption while being gentle to the digestive tract. Each convenient packet includes:

- OmegaPure DHA™, Vitamin D, and Choline – Adequate intakes during pregnancy are critically important for healthy fetal development, particularly for fetal brain and retina; neurocognitive and neuromotor functions; and neuronal growth.\*
- Folate – Adequate folate nutrition before and during pregnancy supports healthy development of the brain and spinal column. 5-MTHF is the most biologically active form of folate, and data suggest that 5-MTHF supplementation increases plasma folate more effectively than folic acid.\*
- B Vitamins – These critical vitamins work together to support healthy energy production; healthy cell growth and cell division; and neurologic, cardiovascular, immune, dermatological, and emotional health.\*
- Bioavailable, yet Gentle Minerals – Ferrochel® iron, DimaCal® calcium, and trace minerals provided as Albion® TRAACS® amino acid chelates promote optimal utilization while being gentle to the gastrointestinal tract.\*
- Antioxidants and Other Nutrients – Generous levels of nutrients that provide antioxidant activity and immune support address the increased physiological stress of pregnancy and promote healthy tissue maintenance and growth.\*

Each packet contains: 5 multivitamin/mineral capsules and 1 OmegaPure DHA softgel.

\*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.

**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.

**CAUTIONS:** Consult your healthcare practitioner before use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged. The labeling on this product does not comply with California's Proposition 65. Therefore, this product may not be sold in California.

**Vitamin A:** Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 5,000 IU of preformed vitamin A (retinyl acetate or retinyl palmitate) per day.

**Vitamin K:** Consider total vitamin K intake (food and supplements) if you are taking blood-thinning medication.

**STORAGE:** Keep tightly closed in a cool, dry place out of reach of children.

**DOES NOT CONTAIN:** Wheat, gluten, yeast, soy protein, dairy products, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.



# Prenatal Essentials™

Prenatal Support Packets\*

ePV:



## 30 Packets | Dietary Supplement

### EXCLUSIVE PROFESSIONAL FORMULAS

# Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

	5 Prenatal Multivitamin/Mineral Capsules		1 OmegaPure DHA™ Softgel	
	Amount Per Serving	%DV† for Pregnant or Lactating Women	Amount Per Serving	%DV† for Pregnant or Lactating Women
<b>Calories</b>			9	
Calories from Fat			9	
<b>Total Fat</b>			1 g	2%
Vitamin A (60% as natural beta-carotene and 40% as retinyl palmitate)	5000 IU	63%		
Vitamin C (ascorbic acid)	100 mg	167%		
Vitamin D3 (cholecalciferol)	2000 IU	500%		
Vitamin E (as d-alpha tocopherol succinate and mixed tocopherols)	200 IU	667%		
Thiamin (as thiamine HCl)	5 mg	294%		
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg	250%		
Niacin (as niacinamide)	25 mg	125%		
Vitamin B6 (as pyridoxal 5'-phosphate)	20 mg	800%		
Folate (400 mcg as Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt and 400 mcg as calcium folinate)	800 mcg	100%		
Vitamin B12 (as methylcobalamin)	50 mcg	625%		
Biotin	300 mcg	100%		
Pantothenic Acid (as d-calcium pantothenate)	25 mg	250%		
Calcium (as DimaCal® di-calcium malate)	400 mg	31%		
Iron (as Ferrochel® ferrous bisglycinate chelate)	30 mg	167%		
Iodine (as potassium iodide)	225 mcg	150%		
Magnesium (as Albion® di-magnesium malate)	200 mg	44%		
Zinc (as TRAACS® zinc bisglycinate chelate)	20 mg	133%		
Copper (as TRAACS® copper bisglycinate chelate)	2 mg	100%		
Malic Acid (as di-calcium malate and Albion® di-magnesium malate)	1.6 g	**		
Choline (as choline dihydrogen citrate)	200 mg	**		
Vitamin K2 (as menaquinone-7)	100 mcg	**		
Manganese (as TRAACS® manganese bisglycinate chelate)	5 mg	**		
Selenium (as L-selenomethionine)	100 mcg	**		
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	100 mcg	**		
Molybdenum (as TRAACS® molybdenum glycinate chelate)	100 mcg	**		
Fish Oil Concentrate			1 g	**
DHA (docosahexaenoic acid)			580 mg	**
EPA (eicosapentaenoic acid)			60 mg	**

† Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

**Other Ingredients for Prenatal Multivitamin/Mineral Capsule:** HPMC (capsule), microcrystalline cellulose, ascorbyl palmitate, silica, and medium-chain triglyceride oil.  
**Other Ingredients for OmegaPure DHA:** Gelatin, glycerin, purified water, and mixed natural tocopherols.  
**Contains:** Fish (tuna, sardine, anchovy).

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Quatrefolic® S.p.A. Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.

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