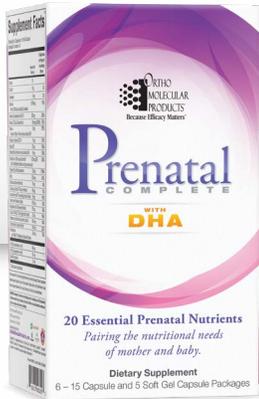


# Prenatal Complete with DHA



## CLINICAL APPLICATIONS

- Supports Healthy Metabolism During the Preconception, Prenatal and Postnatal Stages
- Provides Macronutrients and Micronutrients Essential for Energy Production and Fetal Development
- Supports Healthy Fetal Nervous System Development



## WOMEN'S HEALTH

Prenatal Complete with DHA is a comprehensive, hypoallergenic, prenatal multivitamin and mineral blend to support healthy metabolism during pregnancy. The formula includes folate as Quatrefolic® (100% 5-MTHF), the biologically active form of folic acid, to meet increased requirements for fetal nervous system development as well as USP\* B vitamins, Albion® TRAACS® chelated mineral complexes, and Ferrochel® iron for enhanced mineral bioavailability and gentleness on the stomach. Prenatal Complete with DHA also includes a high-concentration of omega-3 fatty acids as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which have been purified, vacuum-distilled and independently tested to ensure heavy metals, pesticides and polychlorinated biphenyls (PCBs) are removed to undetectable levels.

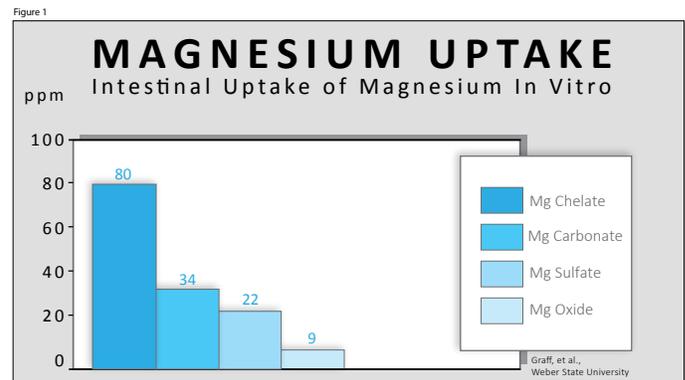
### Overview

The preconception, prenatal and postnatal stages are periods when it is essential to optimize health and nutrition, both for mother and baby. Research has shown that healthy pregnancies begin with good nutrition during preconception, and it is known that overall nutrition needs rise during pregnancy and breastfeeding. In addition, factors such as first trimester nausea or morning sickness may impede a woman from being able to consume adequate nutrition to support her expanding needs. Prenatal Complete with DHA provides the full complement of nutrients essential for pregnancy and adheres to the highest standards of purity, formulated to be free of common allergens, artificial colors, flavors, sweeteners, preservatives and additives.

### Bioavailability†

Nutrients must be highly bioavailable to improve the body's nutrient balance. Unlike other formulas, which use low-quality minerals with slow and limited absorption that can often cause intestinal distress, such as constipation (calcium carbonate) or diarrhea (magnesium oxide), Prenatal Complete with DHA provides a full spectrum of highly absorbed, Albion® mineral chelates. Albion® is the world leader in manufacturing highly bioavailable mineral chelates, a specialized form of minerals bound to amino acids. This patented process creates natural mineral compounds that use active absorption mechanisms in the gastrointestinal tract to greatly enhance mineral absorption. In fact, comparison studies have shown significantly superior absorption of mineral chelates compared to other forms of minerals. In a magnesium comparison study reported by Graff et al. at Weber State University, Albion®'s magnesium amino acid chelate had (See Figure 1):<sup>1</sup>

- 8.8 times greater absorption than magnesium oxide.
- 5.6 times greater absorption than magnesium sulfate.
- 2.3 times greater absorption than magnesium carbonate.

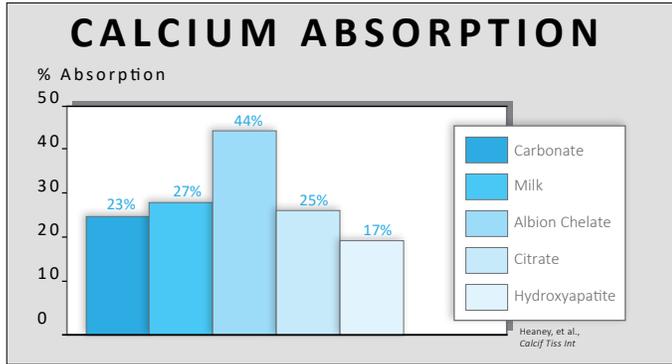


† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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In a clinical study comparing calcium absorption in humans, Albion®'s patented calcium chelate delivered the greatest absorption of all calcium sources tested (44% absorption, See Figure 2).<sup>2</sup> In addition, mineral chelates are gentle, gut-friendly minerals that do not cause the constipation that often accompanies calcium carbonate and other mineral forms. Albion®'s mineral chelates have extensive clinical research proving their superior bioavailability, biologic activity, stability and tolerance.

Figure 2



## Research

### Folate†

Folate is needed very early in pregnancy, and it is recommended that women take folate when planning to become pregnant since folate needs are high around the time of conception.<sup>3</sup> Adequate folate nutrition before and during pregnancy supports healthy development of the fetal brain and spinal column, and it ensures an overall healthy pregnancy outcome.<sup>4,5</sup> Prenatal Complete with DHA provides 5-MTHF as 100% Quatrefolic®, a more stable, soluble and bioavailable form than calcium salt forms of 5-MTHF. Supplementing with bioactive 5-MTHF allows for the bypassing of steps in folate metabolism, which may be especially beneficial in those with digestive concerns or genetic variations in folate metabolism.<sup>6,7</sup>

### DHA†

Intake of omega-3 fatty acids, particularly DHA, is critical during the preconception, prenatal and postnatal stages to provide continuous support for fetal nervous system development. Unfortunately, most women do not consume enough DHA through diet alone and are unaware of the important role it plays in fetal development, making it imperative to consume a high-quality prenatal supplement that includes DHA well before conception to fulfill maternal reserve.<sup>8-10</sup> Throughout pregnancy, DHA is required for fetal brain and retina development, as well as cognitive and motor function.<sup>11</sup> Postnatally and into the first few years of life, a baby's brain continues to rapidly develop, making it important to continue consuming DHA during the breastfeeding stage.<sup>12</sup>

Prenatal Complete with DHA is formulated to contain a high-quality, purified triglyceride form of DHA, which has been proven to be more efficiently digested and absorbed by the body than other forms of DHA.<sup>13</sup> It is also extensively tested to ensure heavy metals, pesticides and PCBs are removed to undetectable levels.

### Iron†

Since iron is critical for energy and oxygen delivery to a developing baby, the Centers for Disease Control and Prevention recommends routine iron supplementation during pregnancy, though many forms of iron cause constipation and gastrointestinal discomfort.<sup>14</sup> Research shows that about 20% of pregnant women have low hemoglobin and iron levels.<sup>15</sup> Ferrochel® iron has been shown to help increase and maintain levels of iron while being gentle on the stomach and colon. This form relieves the stomach from having to bind minerals to amino acids, allowing iron molecules to pass easily through the intestinal wall at a rate 3.8 times greater than iron salt forms.<sup>16,17</sup>

### Iodine†

It has long been recommended that pregnant and lactating women take a prenatal supplement containing iodine for optimal thyroid health. However, only 15-20% of pregnant and nursing women currently take supplements containing iodine. A recent report from the American Academy of Pediatrics highlights the vital role that iodine plays in the development of a baby's nervous system and brain development. New recommendations reflect this finding, stating that pregnant and lactating women should take a supplement containing iodide, a form more easily absorbed by the body.

### Dosage

3 capsules and 1 soft gel per day or as recommended by your health care professional.

### Does Not Contain

Gluten, yeast, artificial colors or flavors.

### Cautions

Consult your health care professional before use.

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# Supplement Facts

Serving Size 3 Capsules and 1 Soft Gel Capsule  
Servings Per Container 30

	Amount Per Serving	% Daily Value for Pregnant or Lactating Women
Calories	15	
Total Fat	1.5 g	2%
Cholesterol	5 mg	2%
Vitamin A (from 5,000 IU as Natural Beta Carotene)	1,500 mcg	115%
Vitamin C (as Ascorbic Acid USP)	250 mg	208%
Vitamin D (D3 as Cholecalciferol)	50 mcg (2,000 IU)	333%
Thiamin (Vitamin B1)(from Thiamine Hydrochloride USP)	5 mg	357%
Riboflavin (Vitamin B2 USP)	5 mg	313%
Niacin USP	25 mg	139%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	15 mg	750%
Folate (from 1,000 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	1,700 mcg DFE	283%
Vitamin B12 (as Methylcobalamin)	50 mcg	1,786%
Biotin	300 mcg	857%
Choline (as Choline Bitartrate)	78 mg	14%
Calcium (as Albion® Dicalcium Malate)	150 mg	12%
Iron (as Ferrochel® Ferrous Bisglycinate Chelate)	30 mg	111%
Iodine (from Potassium Iodide)	150 mcg	52%
Magnesium (as DiMagnesium Malate)	150 mg	38%
Zinc (as Albion® Zinc Bisglycinate Chelate)	20 mg	154%
Selenium (as Albion® Selenium Glycinate Complex)	100 mcg	143%
Chromium (as O-polynicotinate) (Chromemate®)	100 mcg	222%
Molybdenum (as Albion® Molybdenum Glycinate Chelate)	25 mcg	50%
DHA (Docosahexaenoic Acid)	580 mg	*
EPA (Eicosapentaenoic Acid)	130 mg	*
Mixed Tocopherols	25 mg	*

\* Daily Value not established.

Other Ingredients: Fish Oil (**anchovy, jack mackerel, mackerel, sardine**) (Highly Refined and Concentrated Omega-3), Gelatin, Hypromellose (Natural Vegetable Capsules), Glycerin, Microcrystalline Cellulose, Stearic Acid, Purified Water, Natural Flavors, Magnesium Stearate, Silicon Dioxide, Rosemary Extract (Leaf) and Ascorbyl Palmitate.

## ID# 320030 6–15 Capsule and 5 Soft Gel Capsule Packages

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