

Prenatal Optimum



Recommended by
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DESCRIPTION

Prenatal Optimum compiles the most clinically relevant and nourishing nutrient profile for pre- and post-natal support with a focus on convenience and compliance with a two-capsule daily dosage. Prenatal Optimum is designed to support a healthy pregnancy and lactation by providing a comprehensive formula of vitamins and minerals including methylated B vitamins, lactobacillus and ginger.

FEATURES

- Methylated forms of B vitamins are believed to be more efficient as they do not have to go through the internal process of methylation before being used. Having these important B vitamins in methylated form is becoming the gold standard for supplements. Research has shown that up to 30% of the population cannot metabolize unmethylated forms of synthetic folic acid, a very important B vitamin during pregnancy. Folate has been solidified as an essential nutrient for optimal pregnancy and a healthy baby. The other B vitamins have also been proven to be very important for many functions including the baby's neurological development. Optimum B vitamins have also been associated with fertility, making them important for those planning to start a family.
- The addition of *Lactobacillus rhamnosus* may have a positive impact on the vaginal microbiome. This probiotic has also been shown to have a positive impact on the health of the gut and the immune systems for both mother and baby.
- Iron bisglycinate is an important blood building nutrient for the baby as well as for the mother. In the bisglycinate form, the iron is said to have a higher utilization rate and much lower rates of stomach discomfort.
- Prenatal Optimum also features ginger root extract to help alleviate nausea.
- The smaller dosage of two daily capsules, compared to the common multi-tablet doses on the market, makes this upgraded formula easier to adhere to so both mother and baby may benefit from the nutrients.
- The formula also contains both chromium and inositol to help support glucose metabolism.

FUNCTIONS

- Methylated B vitamins for increased bioavailability
- Iron to help in building blood cells, provided in a bisglycinate form for easier digestion and absorption
- Probiotics to boost gut, immune and vaginal health, as well as helping to balance mood
- Ginger to help alleviate nausea
- Vitamins D3 and K2, and calcium to help provide nutrients to build bones and support mood
- Chromium and inositol to assist in proper glucose metabolism
- Vitamin K1 to aid blood clotting

INDICATIONS

Prenatal Optimum is a dietary supplement designed to support healthy pregnancy and lactation through providing clinically relevant nutrients for pre- and post-natal support.

FORMULA (WW #10462)

2 capsules contain:

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| Vitamin A | 1,200 mcg (as beta carotene & retinyl palmitate) |
| Vitamin C (as ascorbic acid) | 60 mg |
| Vitamin D3 (as cholecalciferol) | 30 mcg (1,200 IU) |
| Vitamin E | 20.1 mg (as d-alpha tocopheryl succinate) |
| Vitamin K1 (as phytonadione) | 80 mcg |
| Thiamin (as thiamin HCl) | 10 mg |
| Riboflavin | 10 mg |
| Niacin (as niacinamide) | 20 mg |
| Vitamin B6 (as pyridoxal-5-phosphate) | 15 mg |
| Folate | 540 mcg DFE (as L-methyltetrahydrofolate calcium) |
| Vitamin B12 (as methylcobalamin) | 100 mcg |
| Biotin | 300 mcg |
| Pantothenic acid (as Ca d-pantothenate) | 10 mg |
| Choline (as choline bitartrate) | 25 mg |
| Calcium (as calcium citrate) | 25 mg |
| Iron (as ferrous bisglycinate chelate) | 18 mg (Ferrochel™) |
| Iodine (From kelp) | 150 mcg |
| Magnesium (as Mg oxide) | 50 mg |
| Zinc (as Zn citrate) | 15 mg |
| Selenium (as selenomethionine) | 100 mcg |

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Copper (as copper bisglycinate chelate) 1 mg
(TRAACS)
Manganese (as manganese bisglycinate chelate).... 2 mg
(TRAACS)
Chromium (as Cr polynicotinate)100 mcg
Molybdenum75 mcg
(as molybdenum glycinate chelate) (TRAACS)
Lactobacillus rhamnosus 200 mg
Ginger (*Zingiber officinale*) root 4:1 extract 50 mg
Inositol 10 mg
Vitamin K2 (as menaquinone)25 mcg

Other Ingredients: Vegetable cellulose (capsule),
microcrystalline cellulose, vegetarian leucine.

Vegetarian / Gluten-Free

SUGGESTED USE

As a dietary supplement, adults take 2 capsules daily, or as directed by a healthcare professional.

CAUTION

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep out of reach of children.

Prop 65 label warning required in the state of California.

STORAGE

Store in a cool, dry place, away from direct light and out of reach of children.

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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