

Prenatal Formula

A well-balanced blend of vitamins and minerals to target the unique nutritional needs of pregnancy and prenatal development.

Each capsule contains:

Vitamins

Beta-Carotene	187.5mcg/1250IU
Vitamin C (ascorbic acid)	37.5mg
Vitamin D3 (cholecalciferol)	2.5mcg/100IU
Vitamin E (d-alpha-tocopheryl acetate)	4.19mgAT/6.25IU
Vitamin K1 (phytonadione)	22.5mcg
Vitamin B1 (thiamine mononitrate)	1.25mg
Vitamin B2 (riboflavin-5-phosphate)	375mcg
Vitamin B3 (niacinamide)	7.5mg
Vitamin B5 (calcium d-pantothenate)	2.5mg
Vitamin B6 (pyridoxal-5-phosphate)	6.25mg
Vitamin B12 (methylcobalamin)	5mcg
Folate (L-5-methyltetrahydrofolate)	250mcg
Biotin	12.5mcg
Minerals	
Calcium (citrate)	87mg
Magnesium (citrate)	42.5mg
Zinc (citrate)	6.25mg

GMO, gluten and dairy free.



Iron (citrate)	11.25mg
Copper (citrate)	0.5mg
Iodine (potassium iodide)	55mcg
Selenium (citrate)	15mcg
Molybdenum (citrate)	12.5mcg
Manganese (citrate)	0.5mg
Chromium (citrate)	25mcg
Choline (dihydrogen citrate)	10mg

120 vegetable capsules

Proper fetal development demands a high level of nutritional support from the mother. A healthy and balanced diet is the most important step to ensure that these demands are met. However, specific nutrients are needed in greater amounts and supplementing with a well-formulated prenatal multivitamin complex is recommended to decrease the likelihood of fetal complications and common pregnancy symptoms for the mother.

Adequate intake of vitamin B9, also known as folic acid, is perhaps the most well-known nutrient requirement during pregnancy. For the past few

decades, folic acid has been fortified in grains because it is well-recognized to decrease the risk of neural tube defects. Unfortunately, the synthetic folic acid used in the fortification process may not be sufficient for many women that are unable to efficiently convert into the active **5-methyltetrahydrofolate** (5-MTHF) due to genetic polymorphisms. For this reason, 5-MTHF is the preferred form for supplementation during the critical fetal development period.

Like folate, iron plays a crucial role in healthy development. Iron is in extremely high demand during pregnancy as it is needed to make hemoglobin and new blood for the fetus. If this nutritional

demand is not met, iron-deficiency anemia is a common concern during gestation. It can present as fatigue in the mother and increase the risk of early labour and low-birth weight for the fetus. Choosing an iron that is well-absorbed but also well-tolerated on the digestive tract is of utmost importance for many women who already suffer from nausea and constipation in pregnancy.

Aside from the well-established greater needs for folate and iron, many other micronutrients, vitamins and minerals can help to reduce potential health risks during pregnancy. For example, **selenium** is crucial for thyroid function and women with low selenium or

Key points

- Contains a well-balanced blend of vitamins and minerals to target the unique nutritional needs of pregnancy and prenatal development
- Nutrients are provided in active and highly bioavailable forms such as mixed tocopherols, methylcobalamin, pyridoxal-5-phosphate, selenomethionine and citrate salt minerals
- 1mg of 5-methyltetrahydrofolate (5-MTHF), the active form of folate, is provided to aid in healthy fertility outcomes and reduce the risk of neural tube defects
- 45mg of elemental iron effectively supplements the needs of pregnant women and reduces the risk of anemia without increasing the risk of constipation or digestive upset
- Selenium is provided to aid in thyroid function and reduce the risk of miscarriage
- Choline influences stem cell proliferation and reduces the risk of neural tube defects
- Significant amounts of calcium and magnesium to decrease the risk of osteoporosis and common pregnancy-related conditions such as preeclampsia, leg cramps and heartburn

thyroid levels have been shown to have higher risks of miscarriage. **Choline** is a lipotropic nutrient that positively influences stem cell proliferation and brain and spinal cord formation. Although folate is often referenced for its importance in nervous system development, women that are deficient in choline actually have four times the increased risk of neural tube defects. Finally, **calcium** and **magnesium** are important minerals to decrease the risk of common pregnancy-related conditions such as preeclampsia, leg cramps and heartburn.

Cyto-Matrix's **Prenatal Formula** contains a balanced blend of the vitamins and minerals needed for optimal pregnancy support and prenatal development. These nutrients are in their active and highly bioavailable forms, such as mixed tocopherols, methylcobalamin, pyridoxal-5-phosphate, selenomethionine and citrate salt minerals. A full daily dose of **Prenatal Formula** provides 45mg of elemental iron to prevent iron-deficiency anemia and 1mg of 5-MTHF for optimal fertility outcomes.

Related products

Bio-Ferra
Cal-Mag+1000IU Vitamin D3 Liquid
Iron Matrix 20
K2-D3 Matrix
Multi-Matrix
Seleno-Sorb 200
Women's Multi
Bio-B6
Cyto B-Complex

Non-Medicinal Ingredients: Vegetable-grade stearate. Capsule: hypromellose.

Indications: Vitamin/ Mineral supplement. A factor in the maintenance of good health. Helps reduce the risk of tubal defects when taken daily prior to becoming pregnant and during early pregnancy. Helps to form red blood cells and helps in their proper function.

Directions: Adults/Pregnant/Breastfeeding women - Take 2 capsules, 2 times per day with meals or as directed by a healthcare professional. Take a few hours before or after other medications.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use, especially if you are taking blood thinners. Keep out of reach of children.  There is enough iron in this package to seriously harm a child.

Known Adverse Reactions: Some people may experience constipation, diarrhea and/ or vomiting as a result of the level of iron contained in this product.



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