



## PRENATAL SUPERIOR<sup>®</sup>

### A MULTI VITAMIN/MINERAL SUPPLEMENT FOR PREGNANT & NURSING MOTHERS

#### 53 NUTRIENTS INCLUDING ENZYMES, AMINO ACIDS, & HERBS

>> One of the highest quality prenatal multiples available. **Prenatal Superior<sup>®</sup>** places special emphasis to the form, balance, and potency of each nutrient required during the prenatal period including calcium, folic acid, B<sub>6</sub>, B12, biotin, iron and copper. It also contains many additional nutrients and beneficial herbs such as red raspberry, nettle, clove, alfalfa, mint, parsley, rose and chamomile to support proper and a feeling of wellness in the morning.\*

- ✓ **Prenatal Superior<sup>®</sup>** provides 53 nutrients for prenatal health including vitamins, minerals, amino acids, and digestive enzymes, as well as a blend of 8 natural herbs, which may assist and prepare the body for the birthing process.\*
- ✓ **Prenatal Superior<sup>®</sup>** supplies 13 valuable minerals that are especially important during the prenatal period.
- ✓ **Prenatal Superior<sup>®</sup>** contains the highest levels available of these minerals compared to other dietary supplements in this category.
- ✓ Calcium and Magnesium support healthy bone and teeth formation.\*
- ✓ Iron is an important blood building nutrient for the baby as well as for the mother. A deficiency of iron means that new blood cells will be unable to transport sufficient levels of oxygen to the fetus.\*
- ✓ **Prenatal Superior<sup>®</sup>** contains one of the highest levels of iron in prenatal formulas in its glycinate and fumarate forms. These forms allow for absorption up to 3x higher compared to other forms which have only a 10% assimilation rate.\*
- ✓ Vitamin C, Beta Carotene and Vitamin E are antioxidants which are especially required during pregnancy due to an almost 30% increase in oxygen utilization by the mother.\* Vitamin A in **Prenatal Superior<sup>®</sup>** is 100% Beta Carotene, not preformed Vitamin A.
- ✓ Water soluble vitamins (B and C) are important during pregnancy because they are not fat-stored, but are vital for healthy fetal development.\*
- ✓ Vitamin C in the **Prenatal Superior<sup>®</sup>** formula is provided both as ascorbic acid and calcium ascorbate for maximum assimilation.\*
- ✓ All 11 recognized members of the B complex are included for proper nerve and brain functioning.\* The need for folic acid is especially increased during pregnancy and is involved in healthy lactation.\* Reports indicate that one-third to one-half of pregnant women in the last 3 months of pregnancy are deficient in folic acid.\*
- ✓ Choline and inositol support the natural detoxification processes, which are greatly increased during pregnancy.\* Octacosanol supports endurance, stamina and strength.\*
- ✓ **Prenatal Superior<sup>®</sup>** contains Enzopharm<sup>®</sup> Plus, a proprietary blend of vegetarian enzymes that aid the body in absorbing and utilizing nutrients that are not easily digestible.\*

#### Supplement Facts

##### Serving Size 5 Tablets

##### Servings Per Container 30

Amount per Serving	% Daily Value
Vitamin A (as 100% Beta Carotene) 7500 IU	150%
Vitamin C (as Ca Ascorbate & Ascorbic Acid) 1000 mg	1667%
Vitamin D3 (as Cholecalciferol) 400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate) 200 IU	667%
Vitamin K1 (as Phytonadione) 5 mg	6%
Thiamin 20 mg	1333%
Riboflavin 20 mg	1176%
Niacin (as Niacinamide & Niacin) 40 mg	200%
Vitamin B6 (as Pyridoxine HCl and P-5-P) 50 mg	2500%
Folic Acid 900 mcg	225%
Vitamin B12 (as Methylcobalamin) 20 mcg	333%
Biotin 600 mcg	200%
Pantothenic Acid (as Calcium Pantothenate) 30 mg	300%
Calcium (as Ca Carbonate & Ca Citrate) 1000 mg	100%
Iron (Fe aspartate, Fe glycinate & Fe fumarate) 30 mg	167%
Iodine (from Kelp) 225 mcg	150%
Magnesium (as Mg Oxide) 500 mg	125%

Zinc (as Zn Gluconate) 20 mg	133%
Selenium (as Se AAC) 25 mcg	36%
Copper (as Cu AAC) 0.2 mg	10%
Manganese (as Mn Gluconate) 6 mg	300%
Chromium (as Cr Polynicotinate)† 25 mcg	21%
Molybdenum (as Mo AAC) 25 mcg	36%
Potassium (as K Citrate) 50 mg	1%
Boron (as B AAC) 1 mg	*
Silicon (from Horsetail Rush) 6 mg	*
Choline (as Choline Citrate) 20 mg	*
Betaine HCl 20 mg	*
Inositol 20 mg	*
PABA (Para-aminobenzoic Acid) 15 mg	*
L-Cysteine (Enteric Coated) 20 mg	*
L-Glutamine 20 mg	*
DL-Methionine (Enteric Coated) 20 mg	*
L-Aspartic Acid 20 mg	*
Octacosanol 250 mcg	*
Soy Lecithin 150 mg	*
Linoleic Acid 50 mg	*
RNA (Ribonucleic Acid) 5 mg	*
Mixed Citrus Bioflavonoids 300 mg	*
Hesperidin 10 mg	*
Rutin 5 mg	*
Pectin 5 mg	*
Red Raspberry Leaf 5 mg	*
Nettle (Urtica dioica) Leaf 5 mg	*
Clove Flower 5 mg	*
Alfalfa Herb Powder 5 mg	*
Peppermint Leaf 5 mg	*
Parsley Leaf 5 mg	*
Rose Hips 5 mg	*
Chamomile Flower 5 mg	*
A proprietary blend of vegetarian enzymes (Amylase, Protease, Lipase, Hemicellulase, and Lactase) 16 mg	*

\*Daily Value not established.

†ChromeMate<sup>®</sup> brand niacin-bound chromium.

Other ingredients: cellulose, stearic acid, vegetable stearate, croscarmellose sodium, silicon dioxide, pharmaceutical glaze.

#### Contains: Soy

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control immediately.

**Suggested Use:** As a dietary supplement, take 5 tablets daily. Daily amount should be divided throughout the day and taken with food or as directed by your healthcare practitioner.

ChromeMate<sup>®</sup> is a registered trademark of InterHealth N.I.



\*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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