

# Prenatal Formula

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

GMO Free

Gluten Free

Dairy Free



- 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

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 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.

## Each capsule contains

### VITAMINS

Beta-Carotene .....	750mcg/1250IU
Vitamin C .....	37.5mg
(ascorbic acid)	
Vitamin D3 .....	2.5mcg/100IU
(cholecalciferol)	
Vitamin E .....	4.19mgAT/6.25IU
(d-alpha-tocopheryl acetate)	
Vitamin K1 .....	22.5mcg
(phytonadione)	
Vitamin B1 .....	1.25mg
(thiamine mononitrate)	
Vitamin B2 .....	375mcg
(riboflavin-5-phosphate)	
Vitamin B3 .....	7.5mg
(niacinamide)	
Vitamin B5 .....	2.5mg
(calcium d-pantothenate)	
Vitamin B6 .....	6.25mg
(pyridoxal-5-phosphate)	
Vitamin B12 .....	5mcg
(methylcobalamin)	
Folate .....	250mcg
(L-5-methyltetrahydrofolate)	
Biotin .....	12.5mcg

### MINERALS

Calcium .....	87mg
(citrate)	
Magnesium .....	42.5mg
(citrate)	
Zinc .....	6.25mg
(citrate)	
Iron .....	11.25mg
(citrate)	
Copper .....	0.5mg
(citrate)	
Iodine .....	55mcg
(potassium iodide)	
Selenium .....	15mcg
(citrate)	
Molybdenum .....	12.5mcg
(citrate)	
Manganese .....	0.5mg

(citrate)

Chromium ..... 25mcg

(citrate)

Choline ..... 10mg

(dihydrogen citrate)

### Non-Medicinal Ingredients

Vegetable-grade magnesium stearate. Capsule:  
hypromellose.

### Recommended Use Claim

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 of Use

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.

### Cautions and 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.

### Storage Conditions

Do not use if safety seal is broken.