

PRENATAL HEALTH

When a woman is thinking about getting pregnant, trying to get pregnant, or is pregnant, the single most important thing in her life is the health of her baby. And nutrition is a huge part of keeping the mother-baby team healthy. But between morning sickness, mood swings, bizarre food cravings, weight gain and eventually difficulty getting around, good nutrition and pregnancy often seem at odds.



That's where a top-of-the-line comprehensive dietary supplement, created by experts to specifically focus on the health of the mother-baby team, can be a life-saver. It's why our specialists have designed **Prenatal Health**, the premiere "health insurance" for future mothers, expectant mothers and new mothers.

Prenatal Health is ideal for before, during and after pregnancy. The small easy-to-swallow tablets are friendly to digestive systems that are upset easily and are absolutely free of any artificial colorings, flavorings, preservatives or other additives, helping maintain a healthy internal environment for that family member-to-be.

Of course, **Prenatal Health** gives you all of the vitamins, minerals, and micronutrients for a successful healthy pregnancy, including that most important vitamin, **folic acid**, to protect your baby's nervous system as it forms and grows.¹ If you've been paying any attention you know quite well all about that, but did you know that **vitamin B12** and **choline** also help folic acid protect your baby's spinal cord?^{2,3} Or that an adequate supply of maternal choline is vital to a baby's intellectual and brain development?⁴⁻⁶

Have you heard that folic acid can help you maintain a healthy pregnancy all the way through term, without life-threatening complications?^{7,8} As can **vitamin B6**, and an adequate supply of this vitamin is required to conceive in the first place?⁹



You're well aware of the roles of maternal intakes of **calcium** and **vitamin D** in providing good healthy bone structure and shape to your baby while supporting a strong

healthy skeleton while you're pregnant and then breastfeeding.^{10,11} Do you know about the roles maternal calcium intake plays in supporting normal birth weight?^{12,13} Or normal neonatal and childhood blood pressure?¹⁴

About that morning sickness – why suffer? We know, it's "traditional," but even if it runs in your family, why bother with it? Scientific and medical experts agree that adding **ginger** to your day can reduce or even eliminate the nausea and vomiting that are, yes, uncomfortable, but even worse, obstacles to the healthy eating that you and your baby need during this time.¹⁵⁻¹⁸



These nutrients and all the others a woman and her baby – whether it's busy napping, still developing in her womb or merely a twinkle in her eye, with a look to the future – need in order to enjoy a healthy, sound, happy and fulfilling life together.

Why take any chances? Take advantage of the "baby insurance" you know you can count on.

Because it's not just you anymore --

Prenatal Health

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