

SuperNutrition PreNatal Blend

Vitamins • Minerals • Antioxidants • Greenfoods
With Papaya • Gentle On The Stomach

Healthy Babies & Healthy Mothers

As a mother you want the best possible multi-vitamin for you and your baby. When you take SuperNutrition's PreNatal Blend you can be assured that you are getting the most complete prenatal vitamin available. PreNatal Blend provides you with all the essential nutrients in the optimal doses needed for your baby's health during this special time in your life.

Along with these important nutrients, PreNatal Blend contains papaya and greenfoods to be especially gentle on your stomach and easy to digest.



While PreNatal Blend contains over 40 important nutrients, below is a sampling of studies demonstrating how safe, optimal potencies of specific nutrients can increase fertility, reduce premature delivery and lower the rate of birth defects. Other potential benefits include stronger bones, better birth weight and healthy growth along with lung, eye and immune health. PreNatal Blend was designed to be taken before, during and after pregnancy for complete protection. Be sure to take the full potency for the healthiest pregnancy.

Increased Fertility

Vitamin C

One study showed that there were 44 percent more pregnancies when women who were receiving fertility treatment took 500 mg of Vitamin C per day.¹⁰

PreNatal Blend dose: 1000 mg

Reduced Premature Delivery

- Reducing premature delivery can reduce the chances of infant mortality as much as 50 percent.¹
- A baby born full-term at an optimal birth weight can have a higher IQ with the potential for better intellectual development over their lifetime.²

Multi-Vitamins

A study published in the American Journal of Epidemiology compared women who took multi-vitamin supplements with women who did not take multi-vitamin supplements during the first and second trimester. The

women who took multi-vitamins had lower premature delivery risk factors as follows:

- approximately 75% less risk for women who started taking multi-vitamins in the first trimester
- approximately 50% less risk for women who started taking multi-vitamins in the second trimester.³

Vitamin C

In a four year study of 2064 women, those who had a total daily Vitamin C intake from supplements or diet in the lowest 10 percent (about 24 mg per day) had about twice the risk of premature delivery of women whose Vitamin C intake was highest (about 550 mg per day).¹¹

PreNatal Blend dose: 1000 mg

Vitamin A (Retinol)

A study of 736 pregnant women showed that Vitamin A (retinol, not beta carotene) deficiency was associated with a 74 percent increased chance of premature delivery. Total Vitamin A intake from food and supplements combined should equal 2500 IU during pregnancy.¹⁷

PreNatal Blend dose: 500 IU

Lower Rate Of Birth Defects

Folic Acid

Folic acid requirements are said to double during pregnancy.⁵ While 400 mcg of folic acid can reduce spina bifida birth defects by about 40 percent, 1000 mcg reduces birth defects by about 50 percent.^{6,7}

PreNatal Blend dose: 1000 mcg

Better Baby's Bone Density

Calcium

A double-blind study of 256 pregnant American women showed that if they consumed less than 600 mg of calcium from their diets when they took between 1200 mg and 2000 mg of calcium carbonate per day, their babies were born with bones about 15 percent more dense. Lower calcium doses were not effective and calcium supplementation was safe at doses of 3000 mg per day and higher.⁴



PreNatal Blend dose: 1200 mg

Better Birth Weight

Vitamin D₃

One study showed that supplementation with 1000 IU of Vitamin D₃ per day resulted in twice as many babies with higher birth weights.⁸ Another study stated that Vitamin D₃

supplementation was "required" for a healthy pregnancy during winter months because of inadequate sunlight.⁹ The 1000 IU of Vitamin D₃ in SuperNutrition's PreNatal Blend has been verified to be safe by the National Academy of Sciences' Institute of Medicine.⁸

PreNatal Blend dose: 1000 IU



Iron

In a placebo-controlled study of 513 prenatal women, 30 mg of iron per day resulted in significantly higher average birth weight and 77.7% fewer low-birth-weight babies delivered prematurely.¹³

PreNatal Blend dose: 40 mg

Zinc

A double-blind placebo-controlled study of 580 pregnant women showed that women who took 25 mg of zinc per day had babies that weighed 4.5 ounces more than women who took no zinc.¹²

PreNatal Blend dose: 30 mg

Multi-Vitamins

The study from the American Journal of Epidemiology that compared women who took multi-vitamin supplements with women who did not use multi-vitamin supplements during the first and second trimester showed that there was 86% less risk of very low birth weight when multi-vitamins were taken in the first trimester and 84% less risk of very low birth weight when multi-vitamin use started in the second trimester.³

Healthy Growth, Lung, Eye & Immune Health

Vitamin A (Retinol)

The World Health Organization recommends that all pregnant women take Vitamin A as retinol rather than depend on beta-carotene for their Vitamin A needs. PreNatal Blend includes Vitamin A as retinol along with its precursor beta-carotene. While it is sometimes assumed that beta-carotene will substitute for real retinol Vitamin A, studies show that 45 percent of normally healthy American men and women do not convert beta-carotene into Vitamin A in their bodies,^{14,15} and that over 40 percent don't get the RDA of Vitamin A from their diet.¹⁶ This is an especially important concern if you are pregnant. Pregnant women who are Vitamin A deficient are more likely to be anemic and deliver premature or low-birth-weight babies.¹⁷ Their babies are more likely to have lung problems¹⁸ and vision problems.¹⁹ Children who are Vitamin A deficient are four times more likely to have asthma²⁰ and are more likely to experience measles,²¹ pneumonia,²² diarrhea,²³ and stunted growth.²⁴ We recommend you ask your doctor for Vitamin A blood tests throughout your pregnancy. (references on back panel)

If you would like a PreNatal Blend product brochure with a full ingredient list, please call us at (800) 262-2116.

SuperNutrition is a family owned and operated vitamin company founded in 1977 in the San Francisco bay area. We strive to produce the most effective, comprehensive, optimal potency multi-vitamin formulas because we are passionate about improving people's health. We welcome your questions and comments.

Kathy, Michael and Patrick Mooney

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Increased Fertility

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