Multivitamin Supplementation for Increased Fertility, Reduced Chance of Preterm Delivery, and Improved Birth Weight

As a mother, you want the best possible multivitamin for you and your baby. Plus, you want something that’s gentle on the stomach. Both are now possible in multivitamins designed to be taken before, during, and after pregnancy for complete protection. As research studies show, over 40 important nutrients are available for you at safe, optimal potencies that can support increased fertility, reduce preterm delivery, and lower the rate of birth defects. Other potential benefits include stronger bones, better birth weight, healthy growth, and lung, eye, and immune health. Along with these important nutrients, papaya and greenfoods are especially gentle on your stomach and easy to digest.

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

REDUCING PRETERM DELIVERY
Reducing preterm delivery can lessen the chances of infant mortality as much as 50%.1 Babies born full-term at optimal birth weights can have higher IQs with the potential for better intellectual development over their lifetime.2

MULTIVITAMINS A study published in the American Journal of Epidemiology compared women who took multivitamin supplements with women who did not during the 1st and 2nd trimesters. The women who took multivitamins had lower preterm delivery risk, as follows:
- approximately 75% less risk for women who started taking multivitamins in the 1st trimester.
- approximately 50% less risk for women who started taking multivitamins in the 2nd trimester.3

VITAMIN C In a 4-year study of 2064 women, those with a total daily Vitamin C intake from supplements or diet in the lowest 10% (about 24 mg per day) had about twice the risk of preterm delivery of women whose Vitamin C intake was highest (about 550 mg per day).11

VITAMIN A (RETNOL) A study of 736 pregnant women showed that Vitamin A (retinol, not beta carotene) deficiency was associated with a 74% increased chance of preterm delivery and an 82% increased chance of anemia. Total Vitamin A intake from food and supplements combined should be at least 5,000 IU during pregnancy.17

BETTER BIRTH WEIGHT

VITAMIN D3 One study showed that supplementation with 1000 IU of Vitamin D3 per day resulted in twice as many babies born with higher birth weights.8 Another stated that Vitamin D3 supplementation was “required” for a healthy pregnancy during winter months because of inadequate sunlight.9 4,000 IU per day has been shown to safely double the chances of full-term birth and reduce complications of pregnancy, when compared to lower doses.21

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

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

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

continued on page 2
LOWER RATE OF BIRTH DEFECTS

FOLIC ACID Folic acid requirements are said to double during pregnancy. While 400 mcg of folic acid can reduce spina bifida birth defects by about 40%, 1,000 mcg reduces birth defects by about 50%.6,7

BETTER BABY’S BONE DENSITY

CALCIUM A randomized double-blind study of 256 pregnant American women showed that if women with diets that provided less than 600 mg of daily calcium supplemented with between 1,200 mg and 2,000 mg of calcium carbonate per day, their babies were born with about 15% more total body bone mineral content. Lower calcium doses were not effective and calcium carbonate supplementation was safe at doses of 3,000 mg per day and more.4

VITAMIN K2 (MK-7) Vitamin K2 (MK-7) helps guide calcium away from soft tissues and into bones and teeth, while setting the stage for healthy head, face, and tooth development as babies grow up.21

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% of normally healthy American men and women do not convert beta-carotene into Vitamin A in their bodies,3,4,5 and that over 40% don’t get the RDA of Vitamin A from their diet.18 This concern is especially important 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 We recommend you ask your doctor for Vitamin A blood tests throughout your pregnancy.

This article is brought to you by SuperNutrition, makers of PreNatal Blend, a comprehensive multitablet formula that contains 100% or more of each nutrient mentioned here, and SimplyOne PreNatal, the most potent one-per-day multivitamin for a healthy pregnancy.

RECOMMENDED READING — “Vitamin K2 and the Calcium Paradox” by Kate Rheuma-Bleue, BSc, ND


1.800.262.2116
© 2014 SupernutritionUSA, Inc. Reproduction not allowed without explicit written consent by the publishers.