



# Prenatal General Health

## DESCRIPTION

Prenatal, available from Medical Wellness Associates, supply essential vitamins and minerals to help support maternal health and wellness during pregnancy.

## FUNCTIONS

Studies show that a high percentage of adults and children in North America and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed not only for maintaining good health, but also for the dietary management and prevention of chronic diseases. It is generally accepted that pregnant and breastfeeding women should supplement a healthy diet with a variety of essential vitamins and minerals to ensure adequate intake for both mother and child. This balanced prenatal formula is provided in easy to swallow vegetarian capsules.

## INDICATIONS

Prenatal may be a useful dietary adjunct for women looking to supplement a healthy diet during pregnancy.

## FORMULA (201811)

### 2 Vegetarian Capsules Contain:

Vitamin A (as natural beta carotene).....	1500 mcg
Vitamin C (as ascorbic acid).....	80 mg
Vitamin D3 (cholecalciferol) .....	800 I.U.
Vitamin E (d-alpha tocopheryl acetate) .....	33.5 mg
Thiamine (as thiamine mononitrate) .....	1.5 mg
Riboflavin .....	1.7 mg
Niacinamide.....	20 mg
Vitamin B-6 (as pyridoxine HCl) .....	2 mg
Folic acid .....	1333 mcg
Vitamin B12 (methylcobalamin) .....	10 mcg

Biotin .....	300 mcg
Pantothenic acid.....	10 mg
(as calcium pantothenate)	
Calcium (citrate) .....	150 mg
Iron (as Ferronyl®).....	27 mg
Iodine (potassium iodine) .....	150 mcg
Magnesium (citrate).....	70 mg
Zinc (citrate) .....	10 mg
Selenium (selenomethionine).....	75 mcg
Copper (copper glycinate chelate) .....	1 mg
Manganese (citrate) .....	1 mg
Chromium (GTF).....	150 mcg
Molybdenum (chelate).....	75 mcg

## SUGGESTED USE

Adults take 2 capsules daily with meals or as directed by your healthcare professional.

## SIDE EFFECTS

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

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

Black MM. Effects of vitamin B12 and folate deficiency on brain development in children. Food Nutr Bull. 2008 Jun;29(2 Suppl):S126-31

Chan AC, van Essen P, Scott H, Haan EA, Sage L, Scott J, Gill TK, Nguyen AM. Folate awareness and the prevalence of neural tube defects in South Australia, 1966-2007. Med J Aust. 2008 Nov 17;189(10):566-9

Goh YI, Bollano E, Einarson TR, Koren G. Prenatal multivitamin supplementation and rates of congenital anomalies: a meta-analysis. J Obstet Gynaecol Can. 2006 Aug;28(8):680-9

†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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