

Where Science and Nature Come Together.®

FOODSCIENCE® of Vermont

Prenatal Superior®

- A multiple vitamin/mineral supplement for pregnant and nursing mothers.*
- One of the highest quality prenatal multiples available. **Prenatal Superior®** gives emphasis to balance, form and potency of each nutrient especially required during the prenatal period.
- **Prenatal Superior®** provides 53 nutrients including vitamins, minerals, amino acids, and digestive enzymes as well as a blend of 8 natural herbs, which help in the birth process.*
- **Prenatal Superior®** supplies 13 valuable minerals that are especially important during the prenatal period. Levels of these minerals in the **Prenatal Superior®** formula are the highest available in nutritional supplements of this type.*
- Calcium and Magnesium support bone and teeth formation.*
- Iron is an important blood building nutrient for the baby as well as for the mother. A deficiency of iron means that new blood cells will be unable to transport sufficient levels of oxygen to the fetus. **Prenatal Superior®** contains one of the highest levels of iron in prenatal formulas in its glycinate and fumarate forms. These forms have a three times higher utilization rate in the body compared to other forms which have only a 10% assimilation rate.*
- Vitamin C, Beta Carotene and Vitamin E are antioxidants which are especially required during pregnancy due to an almost 30% increase in oxygen utilization by the mother.* Vitamin A in **Prenatal Superior®** is 100% Beta Carotene, not preformed Vitamin A.
- Water soluble vitamins (B and C) are important during pregnancy because they are not stored, but are vital for healthy fetal development.*
- Vitamin C in the **Prenatal Superior®** formula is provided both as ascorbic acid and calcium ascorbate for maximum assimilation.*
- All 11 recognized members of the B complex are included for proper nerve and brain functioning.* The need for folic acid is especially increased during pregnancy and is involved in improved lactation. Reports indicate that one-third to one-half of pregnant women in the last 3 months of pregnancy are deficient in folic acid.*
- Choline and inositol support detoxification processes, which are greatly increased during pregnancy.* Octacosanol supports endurance, stamina and strength.*
- **Prenatal Superior®** contains Enzopharm® Plus a proprietary blend of vegetarian enzymes that aid the body in absorbing and utilizing nutrients that are not easily digestible.*

Supplement Facts Serving Size: 5 Tablets Amount Per Serving

Five tablets contain:	
Beta Carotene	7500 IU
Vitamin C (as Ca Ascorbate & Ascorbic Acid)	1000 mg
Vitamin D3 (as Cholecalciferol)	400 IU
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU
Vitamin K	5 mcg
Thiamin	20 mg
Riboflavin	20 mg
Niacin (as Niacinamide & Niacin)	40 mg
Vitamin B6 (as Pyridoxine HCl and P-5-P)	50 mg
Folic Acid	900 mcg
Vitamin B12 (as Methylcobalamin)	20 mcg

Biotin	600 mcg
Pantothenic Acid (as Calcium Pantothenate)	30 mg
Calcium (as Ca Carbonate & Ca Citrate)	1000 mg
Iron (Fe aspartate, Fe glycinate & Fe fumarate)	30 mg
Iodine (from Kelp)	225 mcg
Magnesium (as Mg Oxide)	500 mg
Zinc (as Zn Gluconate)	20 mg
Selenium (as Se AAC)	25 mcg
Copper (as Cu AAC)	0.2 mg
Manganese (as Mn Gluconate)	6 mg
Chromium (as Cr polynicotinate)†	25 mcg
Molybdenum (as Mo AAC)	25 mcg
Potassium (as K Citrate)	50 mg
Boron (as B AAC)	1 mg
Silicon (from Horsetail Rush)	6 mg
Choline (as Choline Citrate)	20 mg
Betaine HCl	20 mg
Inositol	20 mg
PABA (Para-aminobenzoic Acid)	15 mg
L-Cysteine (Enteric Coated)	20 mg
L-Glutamine	20 mg
DL-Methionine (Enteric Coated)	20 mg
L-Aspartic Acid	20 mg
Octacosanol	250 mcg
Soy Lecithin	150 mg
Linoleic Acid	50 mg
RNA (Ribonucleic Acid)	5 mg
Mixed Citrus Bioflavonoids	300 mg
Hesperidin	10 mg
Rutin	5 mg
Pectin	5 mg
Red Raspberry Leaf	5 mg
Nettle (Urtica dioica) Leaf	5 mg
Clove Flower	5 mg
Alfalfa Herb Powder	5 mg
Peppermint Leaf	5 mg
Parsley Leaf	5 mg
Rose Hips	5 mg
Chamomile Flower	5 mg
A proprietary blend of vegetarian enzymes (Amylase, Protease, Lipase, Hemicellulase, and Lactase)	16 mg

†ChromeMate® brand niacin-bound chromium.
Other ingredients: cellulose, stearic acid, vegetable stearate, croscarmellose sodium, silicon dioxide, ferrous aspartate, ferrous glycinate, ferrous fumarate, pharmaceutical glaze.

• Contains: Soy.

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

WARNING: This product contains lead, a chemical known to the State of California to cause birth defects and other reproductive harm.

- **Suggested Use:** As a dietary supplement, take 5 tablets daily with meals. Daily amount may be divided between AM and PM.

ChromeMate® is a registered trademark of InterHealth N.I.

CHROMEMATE®

Sold Exclusively Through Retailers.

0300192.150 (150 Vegetarian Tablets)

*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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