Health of human beings begins in the womb. Women are more conscientious than ever of their lifestyle and dietary habits during pregnancy for obvious reason – they want a healthy baby.

Results of a randomized, double-blind, placebo controlled trial published in 2010 in the *British Journal of Nutrition* caused the authors to conclude that taking a multivitamin, multinutrient supplement during pregnancy may improve the health of pregnant women and their babies. Four hundred newly pregnant women were involved in this study. 72% had low levels of vitamin D, 12% were thiamin (vitamin B1) deficient and 13% were anemic. Nutrient status was measured at recruitment, 26 and 34 weeks gestation.

The results indicated that women taking the supplement during the trial rather than a placebo benefited from an improvement in nutrient status, with markers of iron, folate, thiamin and vitamin D status all higher during the third trimester in the vitamin group, and a reduction in numbers of low birth weight babies at time of birth. Being small for gestational age implies intra-uterine growth restriction and a degree of poor fetal nutrition. It is especially important to have good nutrient levels during early pregnancy as this is a critical time for development of the fetus.

Lack of B vitamins during pregnancy is associated with birth defects, while lack of zinc during pregnancy is associated with birth of preterm babies. These are only a few examples of the many associations between poor nutritional status and poor health outcome of infants.

Many prenatal supplements sold today are lacking necessary minerals, are dosed too low for optimal results and/or contain unhealthy food dyes. *Prenatal Pro™* was formulated by doctors and nutritionists and is prescribed only by qualified health care professionals. It does not contain synthetic folic acid, as almost all do. Synthetic folic acid has been recently implicated in potentially increasing the risk for cancer in people with precancerous lesions, or acceleration of tumors in those with cancer. Synthetic “folic acid” does not occur in nature: it is not in our food supply and it is not naturally in the human body. Today, folates, as naturally found in food, are available to supplement manufacturers. *NatureFolate™* chosen for *Prenatal Pro™* contains fully reduced tetrahydrofolates, like those found in spinach and other foods, that do not require the liver enzyme dihydrofolate reductase to metabolize them into active folate.
Consumption of folic acid-fortified foods such as cereal, white pasta and bagels, along with folic acid in multivitamins, can easily result in oversaturating this enzyme system leading to high amounts of unmetabolized folic acid in the blood. High levels of unmetabolized folic acid in the blood are associated with higher occurrence of certain cancers, including colon. Natural folates in food are all polyglutamates, otherwise known as tetrahydrofolates. These natural forms found in food are readily converted into active folate, 5 methyltetrahydrofolate (5 MTHF). Natural folates are important to consume during pregnancy to prevent birth defects (neural tube defects) such as spina bifida. It is safer to consume natural folates than to consume folic acid long-term. Nature knows best.

The minerals chosen for Prenatal Pro™ are true chelates with far superior absorption compared to minerals typically found in prenatal multivitamins. Six capsules of Prenatal Pro™ provides adequate amounts of calcium and magnesium for healthy bone and muscle development. Inclusion of healthy amounts of vitamins D and K allow for the proper directing of calcium to the bones and teeth and not to soft tissues. Ferrochel chelated iron was chosen for Prenatal Pro™ due to its high bioavailability and excellent tolerability. It does not cause constipation like so many iron sources do. Iodine is an important mineral for infants and an important inclusion to this formula. Iodine deficiency in infancy can lead to learning disability and lowered achievement motivation according to research. Prenatal Pro™ provides 200 mcg of iodine in each serving, the minimum level recommended during pregnancy and postpartum by the World Health Organization (WHO).

Prenatal Pro™ is also designed to prevent the fatigue that is so common during pregnancy. Eating small meals every few hours will help keep blood sugar levels stable and will help prevent nausea common to pregnancy. Vitamin B6, found in Prenatal Pro™, is known to improve this as well. Every pregnant woman should be taking Prenatal Pro™ because a healthy mommy means a healthy baby.

Who should take Prenatal Pro™?
Women wishing to get pregnant to build up their nutrient stores, pregnant women, and nursing women since their calcium demands are still high as well as their needs for other nutrients.

Who should NOT take Prenatal Pro™?
Women taking blood thinning medications should consult their physician before taking Prenatal Pro™ since it contains vitamin K.

Recommended Use: As a dietary supplement, take six capsules per day, three twice a day with meals, or as directed by your health care practitioner.

References