

## Be Kind Prenatal Vitamin & Minerals – a nutritionist's guide

We have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.

### Dosing guidelines

A serving of Prenatal Vitamin & Minerals consists of 2 tablets, providing you with the full serving amount as indicated on the nutritional panel. Some people are highly sensitive to new supplements and changes in their diet, so if this sounds like you, try starting with 1 tablet per day and increasing the dosage after a couple of weeks.



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Nutritionist*

### Who is Prenatal Vitamin & Minerals suitable for?

Prenatal Vitamin & Minerals is suitable for women during pregnancy and three months postnatal.

### Is vitamin A safe to supplement during pregnancy?

Whilst vitamin A as retinol is not recommended to supplement during pregnancy, we provide vitamin A in the pregnancy-safe form as beta-carotene - the form found in plant foods. The body will only convert it to the active form when needed.

### How to maximise absorption

Split dosing is recommended to ensure maximum absorption and to maintain levels of vitamins and minerals throughout the day. We also recommend taking the tablets with food as this will stimulate the body's natural production of digestive enzymes, assisting in the breakdown and absorption of the vitamins.

When split dosing, we recommend taking one with breakfast, and one with your evening meal to keep your levels topped up throughout the day and night, thus supporting both energy production and sleep, as well as many other functions. Personal differences always occur though, so if you feel like you have too much energy in the evening and it is disrupting your sleep, try taking your supplement with your breakfast and lunch instead, as B vitamins specifically can have an energising effect.

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### **Bright yellow urine?**

If you have bright yellow urine as a side-effect of taking Prenatal Vitamin & Minerals, don't worry. This is a perfectly normal reaction and occurs thanks to vitamin B2 which is naturally yellow and can become fluorescent in response to light. Fun fact: this is the reason for the slight yellowing of milk, which turns more yellow if left out of the fridge.

### **Ask a nutritionist**

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [Igennus.com](https://www.igennus.com), email [askourexperts@igennus.com](mailto:askourexperts@igennus.com) or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

