

# Advanced Prep 35-39

Preconception Support for Women 35-39\*

Dietary Supplement for Women Only

## About Advanced Prep 35-39

Advanced Prep 35-39 is a clinical-grade dietary supplement developed for women to support Ovarian Health\*. Each packet contains 6 capsules of Advanced Prep 35-39 which are brown and one tablet of Fertilinatal® DHEA which is white in color, round and opaque.

Fertilinatal® was developed with the Center for Human Reproduction (CHR) and is micronized to the same particle sizes used by CHR in its research regarding the effects of DHEA on women's fertility.\* DHEA is a natural hormone, made in the body by all women and men. DHEA is an intermediate step in a complex process called steroidogenesis, in which cholesterol is converted into male and female sex hormones: testosterone and estradiol. Studies suggest that DHEA levels decline significantly with age. Studies also suggest that DHEA supplementation may support reproductive health in women.\*

## Recommended dosage

Take one packet daily with food and a full glass of water or as recommended by your healthcare provider. Regular monitoring of DHEA-S and Testosterone levels with your physician is recommended. This supplement should not be taken in conjunction with any other DHEA containing supplements.

## Safety/Warnings:

Do not exceed recommended dosage. Exceeding recommended dosage may cause serious adverse health effects.

Folic acid in doses above 1,000 mcg daily may obscure pernicious anemia. Check with your physician.

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

Researchers evaluating DHEA in studies have generally used dosages between 25-100 mg daily for up to one year. Check with your healthcare provider if you plan to use DHEA for longer than one year.

Fertilinatal® is not intended for the following individuals:

- Men
- Women under the age of 18
- Women who are pregnant or nursing
- Women who have been diagnosed with any type of hormonal cancer, such as ovarian, breast or uterine cancer (or are at risk for such cancers)
- Women with known hypersensitivity to any of its ingredients

Women with estrogen-sensitive benign medical conditions (e.g., endometriosis) or polycystic ovarian syndrome (PCOS) should not take Fertilinatal® without prior medical consultation and clearance from their healthcare provider.

Individuals with a history of mood disorders have experienced mania, irritability and sexual inappropriateness while supplementing with DHEA. Individuals with mood disorders should not initiate Fertilinatal® supplementation without prior consultation with and clearance from their healthcare provider. Once supplementing with Fertilinatal®, these individuals should promptly report any changes in mood to their healthcare provider.

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## Supplement Facts

Serving Size 1 Packet  
Servings Per Container 28

Amount Per Serving	% Daily Value for Pregnant & Lactating Women	
Vitamin A (as Retinyl Palmitate)	1300 mcg RAE	144%
Vitamin C (as Ascorbic Acid)	500 mg	556%
Vitamin D (as Cholecalciferol from Lichen)	100 mcg	500%
Vitamin E (as D-Alpha Tocopheryl Succinate and Mixed Tocopherols)	134 mg	893%
Thiamine (as Thiamine HCl)	4.2 mg	350%
Riboflavin (as Riboflavin-5-Phosphate Sodium)	5 mg	385%
Niacin (as Niacinamide)	25mg NE	156%
Vitamin B6 (as Pyridoxal-5-Phosphate)	8mg	471%
Folate (as [d5]-5-Methyltetrahydrofolic Acid Glucosamine Salt) (Quatrefolic®)	1010 mcg DFE	253%
Vitamin B12 (as Methylcobalamin)	50 mcg	2,083%
Biotin (D-Biotin)	350 mcg	1,167%
Pantothenic Acid (as Calcium Pantothenate)	25 mg	500%
Choline (as Choline Bitartrate)	550 mg	100%
Calcium (as Di-Calcium Malate and Dicalcium Phosphate)	200 mg	15%
Iron (as Ferrous Bisglycinate Chelate)	30 mg	167%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Bisglycinate Chelate Buffered-Magnesium Bisglycinate Chelate, Magnesium Oxide)	130 mg	31%
Zinc (as Zinc Bisglycinate Chelate)	25 mg	227%
Selenium (as L-Selenomethionine)	100 mcg	182%
Copper (as Copper Bisglycinate Chelate)	1 mg	111%
Manganese (as Manganese Bisglycinate Chelate)	4 mg	174%
Chromium (as Chromium Picolinate)	200 mcg	571%
Molybdenum (as Molybdenum Glycinate Chelate)	25 mcg	56%
Vitamin K2 (as Menaquinone-4) (MK-4)	60 mcg	†
Dehydroepiandrosterone (DHEA)	25 mg	†

†Daily Value (DV) not established.

## Other ingredients

Hypromellose (Capsule), Organic Rice Hull Concentrate, L-Leucine, Dicalcium Phosphate, Microcrystalline Cellulose, Film Coat (Hypromellose, Titanium Dioxide, Polyethylene Glycol, Hydroxypropyl Cellulose), Stearic Acid, Magnesium Stearate, Silica, and Croscarmellose Sodium.

DHEA has been reported to lower high-density lipoprotein (“HDL”) cholesterol (often referred to as “good cholesterol”). Individuals with a history (or family history) of heart disease, low HDL, or lipid abnormalities should not take Fertinatal® without prior medical consultation with and clearance from their healthcare provider. Careful monitoring of lipid levels by your healthcare physician is recommended for individuals with a history (or family history) of heart disease, low HDL, or lipid abnormalities who take Fertinatal® as a supplement.

DHEA may make existing liver problems worse. If you have an existing liver condition, consult your healthcare provider and obtain clearance before initiating supplementation with Fertinatal®.

Individuals with any known medical condition should consult their physician before using this or any dietary supplement.

**KEEP OUT OF REACH OF CHILDREN.**

**DO NOT USE IF INDIVIDUAL PACKS ARE TORN OR DAMAGED.**

**NOT FOR USE BY WOMEN WHO ARE UNDER THE AGE OF 18.**

**DO NOT USE IF PREGNANT OR NURSING.**

### Medical interactions

Avoid use of this product with other multivitamin supplementation as concomitant use may result in an overdose of some minerals and vitamins.

Avoid use with blood thinning medications, particularly Warfarin, as vitamin K2 supplementation potentially interacts and decreases the effectiveness of those medications. Combination use may increase the risk of heart attack or stroke.

DHEA may interact with other prescription or over-the-counter medications, or with other dietary supplement products. Consult a physician or licensed qualified healthcare professional before using this product if you are using any other dietary supplement, prescription drug, or over-the-counter drug to discuss whether Fertinatal® can be taken along with your current medications and/or supplements.

**FERTINATAL® SHOULD NOT BE TAKEN WITH ANY OTHER SUPPLEMENTS CONTAINING DHEA.**

Women who receive medical treatments and/or drug therapies (including fertility treatments) should not take Fertinatal® without prior medical consultation with and clearance from their healthcare provider.

Diabetic patients may experience changes in insulin requirements when supplementing with DHEA and should not initiate Fertinatal® supplementation without prior medical consultation with and clearance from their healthcare provider. Once supplementing with Fertinatal®, glucose levels should be monitored with increased vigilance by your healthcare provider.

### Potential side effects

Common side effects may include headache, indigestion, diarrhea, constipation, and nausea. Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

Reported side effects of DHEA supplementation include: oily skin, acne, hair loss, increased hirsutism (hair growth), deepening of the voice, increased libido and assertiveness, irritability, increased levels of estrogen, gastro-intestinal complaints and hypertension.

Should supplementation with Advanced Prep 35-39 lead to unwanted side effects, discontinue supplementation and consult with a healthcare provider immediately.

If you develop an allergic reaction, including but not limited to, difficulty breathing, skin reactions, or facial swelling, or experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms, stop taking the product immediately and seek

medical attention.

To report any adverse effects associated with Advanced Prep 35-39, please call 212-628-0851.

### How supplied

Advanced Prep 35-39 is packaged in individual packets, each one containing 6 capsules of Advanced Prep 35-39 and one tablet of Fertinatal® DHEA. Each box of Advanced Prep 35-39 contains 28 individual packets, for a 28-day supply.

### Storage

Store in a cool, dry place at room temperature (15°-30°C/59°-86°F). Excessive heat exposure should be avoided.

### For California residents

**⚠WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING.** Consult a physician or licensed qualified health care professional before using this product if you have, or have a family history of, prostate cancer, prostate enlargement, heart disease, low “good” cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. **KEEP OUT OF REACH OF CHILDREN.** To report any adverse events call 1-800-332-1088.

**\*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.**