

# Fertinatal®

To support ovarian health\*

Dietary Supplement for Women Only

## About Fertinatal®

Fertinatal® is a clinical-grade dietary supplement of plant-derived dehydroepiandrosterone (DHEA) developed specifically for women to support female reproductive health.\* Each tablet is white in color, round and opaque.

Fertinatal® was developed with the Center for Human Reproduction (CHR) and is micronized to the same particle sizes used by the CHR in their research regarding the effects of DHEA on women's fertility.\* Fertinatal® meets the CHR's manufacturing and quality control standards.

### Supplement Facts

Serving Size 1 Tablet

Servings Per Container 84

	Amount Per Serving	% DV
Calcium	60 mg	5%
Dehydroepiandrosterone (DHEA)	25 mg	†

\*Daily Value (DV) not established.

## Other ingredients

Dicalcium Phosphate, Microcrystalline Cellulose, Film Coat (Hypromellose, Titanium Dioxide, Polyethylene Glycol, Hydroxypropyl Cellulose), Stearic Acid, Magnesium Stearate, Silica, and Croscarmellose Sodium.

## Recommended dosage

Take 1 tablet with a meal three times per day or as directed by your healthcare professional. 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.

## What is DHEA?

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\*.

## Potential benefits

Studies suggest that DHEA supplementation may support reproductive health in women\*.

## Safety/Warnings

Researchers evaluating DHEA in studies have generally used dosages between 50-100 mg daily for up to one year. Check with your healthcare provider if you plan to use DHEA for longer than one year.

Fertinatal® 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 Fertinatal® 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 Fertinatal® supplementation without prior consultation with and clearance from their mental healthcare provider. Once supplementing with Fertinatal®, these individuals should promptly report any changes in mood to their mental healthcare provider.

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®. **KEEP OUT OF REACH OF CHILDREN. NOT FOR USE BY WOMEN WHO ARE UNDER THE AGE OF 18. DO NOT USE IF PREGNANT OR NURSING.**

## Medical interactions

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.

Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms.

In case of accidental overdose, call a physician or poison control immediately.

## Potential side effects

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 Fertinatal® lead to unwanted side effects, discontinue supplementation or consult with a healthcare provider immediately.

To report any adverse effects associated with Fertinatal®, call 212-628-0851.

## How supplied

Fertinatal® is uniquely packaged in individual blister sheets, each containing one week's supply of 21 tablets in a 3 (daily 25 mg tablets) by 7 (days in the week) layout. Each box contains 4 sheets (84 tablets), a four week supply.

## Storage

Fertinatal® should be stored at room temperature (15°-30°C/59°-86°F). Excessive heat exposure should be avoided.

## Additional information

Licensed for use under U.S. Patents No. 7,615,544; No. 8,067,400; No. 8501718 and No. 8501719 from the Center for Human Reproduction (CHR) New York, NY 10021

## 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.**

# Advanced Prenatal

Prenatal Support for Women\*

Dietary Supplement for Women Only

## About Advanced Prenatal

Advanced Prenatal is a clinical-grade dietary supplement developed for women to support reproductive health\* before, during and after pregnancy. Each packet contains 6 capsules of our Advanced Prenatal which are brown.

## 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 [6S]-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)	140 mg	11%
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	†

†Daily Value (DV) not established.

## Other ingredients

Hypromellose (Capsule), Organic Rice Hull Concentrate, L-Leucine.

## Recommended dosage

Take one packet daily with food and a full glass of water or as recommended by your healthcare provider.

## Safety/Warnings:

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.

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.

Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a 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.**

## 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.

Should supplementation with Advanced Prenatal lead to unwanted side effects, discontinue use 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, stop taking the product immediately and seek medical attention.

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

## How supplied

Advanced Prenatal is packaged in individual packets, each one containing 6 capsules of Advanced Prenatal. Each box of Advanced Prenatal contains 28 individual packets, for a 28-day supply.

## Storage

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

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