

# Prenatal Vitamins with Fertility DHEA\*

For women over 35 trying to conceive\*



**DESCRIPTION:** Prenatal Vitamins+Fertility DHEA\* is the only prenatal vitamin supplement that also maximizes female fertility\* and is specifically designed for women above age 35 who are trying to conceive. It combines the fertility benefits of dehydroepiandrosterone (DHEA) in older women\* and pregnancy-supporting benefits of prenatal vitamins. Each tablet is white in color, oblong and opaque.

The DHEA in FNC's Prenatal Vitamins+Fertility DHEA\* is plant-derived and micronized to the same particle sizes used by the Center for Human Reproduction (CHR) in their research regarding the effects of DHEA on women's fertility\*. Prenatal Vitamins+Fertility DHEA\* meets CHR's manufacturing and quality control standards. CHR endorses Prenatal Vitamins+Fertility DHEA\*.

**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. DHEA levels, like testosterone and estradiol levels, decline significantly with age.

**POTENTIAL BENEFITS OF DHEA:** DHEA has been shown to enhance fertility in women with low ovarian reserve (young women with premature ovarian aging, as well as women over age 40, who generally have low ovarian reserve due to the natural aging process).\* DHEA, once converted into testosterone in the body, restores the environment in the ovaries to a more "youthful state," in which proper levels of androgens (male hormones) ensure healthy development of eggs.\* Studies conducted by CHR and others have shown that DHEA supports healthy egg development and eventually 1) improves the number and quality of embryos, 2) lowers the risk of miscarriages, 3) improves the genetic health of embryos, and 4) shortens the time to pregnancy.\*

## BENEFITS OF FOLIC ACID:

Folic acid is a B-vitamin. Folic acid supports growth of new cells in the body. Sufficient intake of folic acid is important for preconception women to prevent neural tube defects (problems with brain or spine) in babies.

## BENEFITS OF OTHER VITAMINS & MINERALS:

In addition to DHEA that enhances female fertility, and folic acid that helps babies develop a normal brain and spine,\* FNC's Prenatal Vitamins+Fertility DHEA\* contains an array of essential vitamins and minerals to address the unique nutritional needs of women trying to conceive:

Vitamin C is necessary for growth and repair of tissues in the body. It is also an antioxidant that protects the cells from damages from free radicals.

Vitamin D helps the body absorb calcium, which is necessary for development and maintenance of healthy bone mass before and during pregnancy.

Vitamin E plays an important role in the body's immune system, formation of red blood cells and communication between cells. It is also an antioxidant that protects the cells from oxidative damage.

Vitamin B6 helps the body make antibodies that are needed to fight infections, maintain normal nerve functions, and make hemoglobin, which carries oxygen throughout the body within the red blood cells.

Vitamin B12 is important in the body's metabolism and has a role in the formation of red blood cells as well as the maintenance of the central nervous system.

Biotin is a vitamin that is used for preventing biotin deficiency associated with pregnancy. Biotin deficiency, though rare in the United States, can cause thinning of hair and other symptoms.

Calcium is essential in the development and maintenance of healthy bones and teeth. During pregnancy, the baby needs a

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### Supplement Facts

Serving Size 1 Tablet

	Amount per serving	% Daily Value Adults & Children ≥ 4	% Daily Value For Pregnant Women
Vitamin C (as ascorbic acid)	85 mg	142%	142%
Vitamin D (as cholecalciferol)	400 IU	100%	100%
Vitamin E (as dl-alpha-tocopheryl acetate)	10 IU	33%	33%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	25 mg	1,250%	1,000%
Folate (as folic acid)	1,000 mcg	250%	125%
Vitamin B <sub>12</sub> (as cyanocobalamin)	12 mcg	200%	150%
Biotin	250 mcg	83%	83%
Calcium (as calcium carbonate)	140 mg	14%	11%
Iron (carbonyl)	30 mg	167%	167%
Iodine (as potassium iodide)	150 mcg	100%	100%
Magnesium (as magnesium oxide)	45 mg	11%	10%
Dehydroepiandrosterone (DHEA)	25 mg	†	†

†Daily Value (DV) not established.

**OTHER/INACTIVE INGREDIENTS:** Microcrystalline cellulose, coating (hypromellose, hydroxypropyl cellulose, polyethylene glycol, titanium dioxide, propylene glycol), stearic acid, croscarmellose sodium, magnesium stearate, silica.

\*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.

considerable amount of calcium to form its skeleton, and calcium deficiency during this time can make the baby draw calcium from the mother's bones, resulting in bone loss in the mother.

Iron is a mineral necessary for hemoglobin, which carries oxygen throughout the body. During pregnancy, more iron is absorbed by the body to ensure that you and your baby get enough oxygen.

Iodine is an essential chemical for the thyroid gland to produce hormones. Sufficient levels of iodine are also necessary for normal ovulation and female fertility. Though uncommon in the United States, iodine deficiency during pregnancy is a serious concern, which, if left unattended, can lead to high blood pressure in the mother and mental retardation in the baby, as iodine plays an important role in development of the central nervous system.

Magnesium is a mineral essential for healthy muscle functions and production, and transport of energy within the body.

**SAFETY:** DHEA is widely considered safe for most people if used at moderate dosages of up to 100 mg daily, and for limited times. FNC's **Prenatal Vitamins+Fertility DHEA\*** is not intended for individuals under the age of 35, and should not be taken by individuals 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 **Prenatal Vitamins+Fertility DHEA\*** without prior medical consultation and clearance.

Like many supplements, DHEA may interact with other medications. Women who receive medical treatments and/or drug therapies (including fertility treatments) should not take FNC's **Prenatal Vitamins+Fertility DHEA\*** 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 **Prenatal Vitamins+Fertility DHEA\*** supplementation without prior clearance from their healthcare provider. Once supplementing with FNC's **Prenatal Vitamins+Fertility DHEA\***, glucose levels should be monitored with increased vigilance.

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 **Prenatal Vitamins+Fertility DHEA\*** supplementation without prior clearance from their physician, and, once supplementing with FNC's **Prenatal Vitamins+Fertility DHEA\***, should immediately report any changes in mood to their mental healthcare provider and/or physician.

DHEA has been reported to lower high lipoprotein cholesterol (HDL), the so-called "good cholesterol." Individuals with a history or family history of lipid abnormalities should, therefore, not take **Prenatal Vitamins+Fertility DHEA\*** without prior clearance from their healthcare provider. Careful monitoring of lipid levels is recommended for those who take FNC's **Prenatal Vitamins+Fertility DHEA\*** as a supplement on a regular basis.

DHEA may make liver problems worse. If you have existing liver conditions, consult your healthcare provider before initiating supplementation with **Prenatal Vitamins+Fertility DHEA\***.

Folic acid in doses above 1,000 mcg daily may obscure pernicious anemia in that hematologic remission can occur while neurological manifestations remain progressive. Folic acid alone is improper therapy in the treatment of pernicious anemia, and for other megaloblastic anemias where vitamin B12 is deficient.

**WARNING:** NOT FOR USE BY WOMEN UNDER THE AGE OF 35. DO NOT USE UNDER ANY CIRCUMSTANCES IF PREGNANT OR NURSING.

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

Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, 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 the recommended dosage. Exceeding the recommended dosage may cause serious adverse health effects. Possible side effects include acne, hair loss, facial hair growth (in women), aggressiveness, irritability, and increased levels of male and female hormones. Discontinue use, and contact a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision or other symptoms.

Do not use **Prenatal Vitamins+Fertility DHEA\*** if you are at risk for or have been diagnosed with any type of hormonal cancer, such as ovarian, breast or uterine cancer.

**POTENTIAL SIDE EFFECTS:** 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, gastro-intestinal complaints and hypertension.

Should supplementation with **Prenatal Vitamins+Fertility DHEA\*** lead to unwanted side effects, discontinue supplementation and consult with a healthcare provider immediately.

To report any adverse effects associated with **Prenatal Vitamins+Fertility DHEA\***, please call 212-628-0851.

**SUPPLEMENTATION SCHEDULE:** Prior to pregnancy, take one tablet daily with a meal, or as directed by your physician.

**HOW SUPPLIED:** FNC's **Prenatal Vitamins+Fertility DHEA\*** is packaged in child-resistant bottles, each one containing a 12-week supply.

**STORAGE:** FNC's **Prenatal Vitamins+Fertility DHEA\*** should be stored at room temperature (20°-22°C/68°-77°F). Excursions permitted at 15°-30°C/ 59°-86°F. Excessive exposure to heat, light and moisture should be avoided.

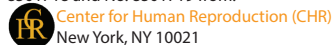
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For additional information call: 212-628-0851.