

# Pre-Natal Packs™

## Comprehensive Prenatal Nutritional Support

Adequate and proper nutrition is critical for pregnant and lactating women, and also women wishing to become pregnant. Because the developing fetus relies heavily on maternal stores for optimal growth, a nutritional foundation to replenish those nutrients during pre-conception, pregnancy and post-partum is paramount to the health of both the mother and the infant.

**Pre-Natal Packs™** provide a comprehensive array of nutrients specifically formulated, and conveniently packaged, to support both the mother and the developing fetus. The proper balance of vitamins, minerals, fatty acids and other key nutrients ensures that the nutritional demands of such a profound period of growth are met without burdening the delicate symbiosis with excessive amounts of any one nutrient.

### Featured Nutrients Include:

**Calcium and Magnesium** for healthy bone and muscle development. Calcium transfers from the mother to the fetus and neonate during pregnancy and lactation plays an extremely important role in the bone health of the mother and infant.<sup>1</sup> The RDI for calcium increases 122-167% during pregnancy. Because magnesium deficiency is prevalent in women of childbearing age, a diet rich in magnesium-rich foods such as nuts, seeds, beans and greens and/or supplementation is recommended.<sup>2</sup>

**Iodine** supports the neuropsychological development of the infant. An iodine deficiency in infancy may result in learning impairment.<sup>3</sup> Thyroid hormone receptors and iodothyronine deiodinases are present in the placenta and central nervous tissue of the fetus, and the iodine, selenium and vitamin A in this formula support healthy maternal thyroid function.<sup>4</sup> **Pre-Natal Packs™** contains 290 mcg of iodine, an amount that satisfies the recommendations for both pregnant and lactating women.

The **Vitamin A** found in **Pre-Natal Packs™** has a high (4:1) carotenoid:acetate ratio. 4,000 IU comes from mixed carotenoids with 1,000 IU of vitamin A as acetate. Vitamin A is essential for growth and differentiation of a number of cells and tissues.

**Vitamins D and K** are included to allow for proper deposition of calcium to bones and teeth. In one retrospective cohort study, 70% of pregnant women had insufficient serum concentrations of vitamin D (less than 30 ng/mL) in their first trimester.<sup>5</sup> One study showed that low circulating 25-OHD was associated with an increased risk of pre-term birth.<sup>6</sup> **Pre-Natal Packs™** contains 1,000 IU of vitamin D.



**Pre-Natal Packs™**  
available in a  
60 pack  
bottle (#6260)

**Iron** demands are increased during pregnancy due to the demands of the growing fetus. Iron deficiency causes anemia and may contribute to maternal health complications.<sup>7</sup> Ferrous bisglycinate is a nutritionally functional mineral amino acid chelate that has superior bioavailability and is easy on the gastrointestinal tract.

**Choline** is critical for a number of physiological processes during the prenatal period with roles in membrane biosynthesis and tissue expansion, neurotransmission and brain development.<sup>8</sup>

**Pre-Natal Packs™** contains 800 mcg of **Folate** in the form of calcium folinate. The benefit of folate intake is strongly associated with a decrease in neural tube defects and perhaps in other specific birth defects and obstetrical complications.<sup>9</sup>

Sufficient amounts of **Eicosapentaenoic acid (EPA)** and **Docosahexaenoic acid (DHA)** omega-3s are essential for the healthy brain development of the fetus. Supplementation with DHA and EPA may help in supporting neurological health, and visual and motor functions.<sup>10</sup> Increasing evidence indicates that DHA supplementation during pregnancy, lactation and childhood plays an important role in neurological development. In spite of mounting evidence supporting importance of omega-3 fatty acids during pregnancy, pregnant women have been found to consume even less omega-3 fatty acids than the general population due to the concern over mercury in seafood.<sup>11</sup>



**BIOTICS**  
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**Pre-Natal Packs™** provide a substantial 1200 mg DHA and 120 mg EPA per pack. Sourced from the cold Pacific waters off the coast of South America, the freshest fish oil available. Orivo certified, it is guaranteed to come from a sustainable fishery with full traceability and unparalleled purity. All Biotics Research fish oils also come with an OmniPureTG guarantee, which means the fish oil is in a pure triglyceride-bound form. Research shows enhanced bioavailability of triglyceride-bound omega fats over ethyl ester forms.<sup>1,2</sup>

Additional nutrients such as **N-Acetyl-L-Cysteine**, **L-Methionine** and **Taurine** provide support to gently aid the liver detoxification pathways.

**Recommended Use:** Women should begin using **Pre-Natal Packs™** before trying to conceive, throughout pregnancy and post-partum, particularly during lactation.

## References

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## Supplement Facts

Serving Size: 1 Pack

	Amount Per Serving	% DV for Pregnant and Lactating Women
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%††
Saturated Fat	0 g	0%††
Cholesterol	10 mg	3%
Vitamin A (as natural mixed carotenoids and acetate) (IU ratio 4:1)	1,520 mcg RAE	117%
Vitamin C (as magnesium ascorbate and ascorbic acid)	175 mg	146%
Vitamin D (as cholecalciferol)	25 mcg	167%
Vitamin E (as d-alpha tocopheryl acetate) (emulsified)	268 mg	1,411%
Vitamin K (as phytonadione)	45 mcg	50%
Thiamin (B1) (as cocarboxylase chloride)	0.8 mg	57%
Riboflavin (as riboflavin-5-phosphate)	0.8 mg	50%
Niacin (as niacinamide)	50 mg	278%
Vitamin B6 (as pyridoxal-5-phosphate)	2 mg	100%
Folate (as calcium folinate)	400 mcg DFE	67%
Vitamin B12 (as methylcobalamin)	25 mcg	893%
Biotin	150 mcg	429%
Pantothenic Acid (as calcium pantothenate)	6 mg	86%
Choline (as choline bitartrate)	101 mg	18%
Calcium (as calcium citrate)	100 mg	8%
Iron (as ferrous bisglycinate chelate) (Ferrochel™)	12 mg	44%
Iodine (from kelp and potassium iodide)	135 mcg	47%
Magnesium (as magnesium citrate, glycinate and ascorbate)	97 mg	24%
Zinc (as zinc gluconate and zinc citrate)	12 mg	92%
Selenium (vegetable culture† and selenomethionine)	35 mcg	50%
Copper (as copper gluconate and copper citrate)	2 mg	154%
Manganese (as manganese gluconate)	1 mg	38%
Chromium (from vegetable culture†)	25 mcg	56%
Potassium (as potassium chloride)	48 mg	1%
Boron (as calcium borogluconate)	0.5 mg	*
Rubidium (from vegetable culture†)	10 mcg	*
Vanadium (from vegetable culture†)	5 mcg	*
Omega-3 fatty acids (from 2 g fish oil providing not less than 120 mg EPA & 1,200 mg DHA)	1,500 mg	*
L-Cysteine HCl	25 mg	*
L-Methionine	50 mg	*
Taurine	75 mg	*
Superoxide Dismutase (from vegetable culture†)	20 mcg	*
Catalase (from vegetable culture†)	20 mcg	*

†† Percent Daily Value based on a 2,000 calorie diet

\* Daily Value not established

**Other ingredients:** Capsule shell (gelatin, glycerin and water), cellulose, magnesium stearate (vegetable source) and arabic gum.

**Contains ingredients derived from Anchovy.**

† Specially grown, biologically active vegetable culture (from organic peas, lentils, and/or chickpeas) containing **Phytochemically Bound Trace Elements™** and/or naturally associated phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

Ferrochel™ is a trademark of Albion Laboratories, Inc.

**This product is gluten and dairy free.**

**RECOMMENDATION:** One (1) pack two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

**WARNING: Accidental overdose of iron-containing products is a leading cause of 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.**

**KEEP OUT OF REACH OF CHILDREN**

Store in a cool, dry area.  
Sealed with an imprinted safety seal  
for your protection.



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