

Pure Natal

Professional Preconception, Pregnancy and Lactation Care

We, at Bio Concepts, spend much time and effort to ensure we provide the most clinically effective and cutting-edge formulations. That's why we have updated Orthoplex White Label Pure Natal to deliver the latest nutrient forms currently available to support the health of mothers and the development of their baby during preconception, pregnancy and breast feeding.

Pure Natal now contains all-natural, non-GMO Vitamin K2, derived from a patented, natural biofermentation process. Not content with manufactured synthetic types, we chose this soy-free form of Vitamin K2 for its pure, natural production process. No chemicals, solvents, additives or preservatives are used during its production. As such, it meets Pure Natal's exceptionally high purity standards.

- ✓ Australia's first soy free, pregnancy formula to deliver L-5-MTHF and Folic acid
- ✓ 20mcg of naturally derived Vitamin K2
- ✓ Highly bioavailable Ferrochel® Iron bisglycinate
- ✓ 300mg of 100% buffered Vitamin C to support normal stabilisation and protection of Folate from oxidation
- ✓ 1000IU of vegetarian Vitamin D
- ✓ Activated B Vitamins and Methylcobalamin
- ✓ Vegetarian-friendly (All vegan formula except for Vitamin D)
- ✓ One-a-day formulation

Excipients

Microcrystalline cellulose, purified water, ascorbyl palmitate, Lyc-O-Beta, Vitamin K2, Ferrochel®.

Now with pure, natural
Vitamin K2



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Pack Sizes: 30 capsules and 90 capsules

Recommended Dose: Take 1 capsule daily, with food, or as recommended by your registered healthcare practitioner.

Storage: Store below 30°C in a cool, dry place, away from direct sunlight due to the low excipient profile of this medicine, we recommend refrigeration after opening.

✓ Full disclosure of excipients in every formulation



Indications

- Contains nutrients which are required in additional quantities during pregnancy and lactation
- Contains essential vitamins and minerals to support the healthy growth and development of the baby such as iodine which plays an important role in healthy intellectual development
- Levomefolic acid (L-5-methyltetrahydrofolate)/Folic acid supports healthy DNA methylation and cell division and therefore supports the healthy growth of baby and child

Warnings

Vitamin and mineral supplements should not replace a balanced diet. This medicine contains Selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of Selenium from dietary supplements should not be exceeded.

Each Capsule Contains

Levomefolate calcium equiv. Levomefolic acid (L-5-MTHF)	325µg 300µg	Nicotinamide	35mg	Chromium (as Chromium picolinate)	25µg
Folic acid	200µg	Calcium pantothenate	40mg	Phytomenadione	70µg
Total Folate	500µg	Pyridoxine hydrochloride	30mg	Menaquinone 7 (Vit K2)	20µg
Ascorbic acid (as Calcium Ascorbate Dihydrate)	150mg	Pyridoxal 5-phosphate	11mg	Calcium (as Calcium hydrogen phosphate dihydrate)	1.47mg
Ascorbic acid (as Magnesium ascorbate monohydrate)	151mg	Biotin	300µg	Manganese (as Manganese amino acid chelate)	1mg
Total Buffered Ascorbic Acid	301mg	Choline bitartrate	100mg	Molybdenum (as Molybdenum trioxide)	50µg
Betacarotene (Natural)	3mg	Inositol	50mg	Silicon (as Colloidal anhydrous silica)	4.67mg
Cholecalciferol (1000IU)	25µg	Iodine (as Potassium iodide)	270µg	Selenium (as Selenomethionine)	60µg
Co-methylcobalamin	400µg	Iron (as Iron bisglycinate) (Ferrochel®)	8mg	Zinc (as Zinc citrate dihydrate)	12.3mg
Thiamine nitrate	30mg	Magnesium (as Magnesium ascorbate monohydrate)	10.4mg		
Riboflavin sodium phosphate	20mg	Chromium (as Chromium nicotinate)	25µg		

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.

Technical Information

Pure Pregnancy: Know exactly what's in your Pregnancy Formula

For parents-to-be, having a baby is a time when they are particularly mindful of their diet, lifestyle and supplementation choices. **Orthoplex White Label Pure Natal provides peace-of-mind by fully disclosing all excipients** and has been specifically formulated in a careful and strategic way to exclude common excipients often found in tablets, soft gels and capsules. Excipients are defined as non-therapeutically active ingredients that do not contribute to the physiological or pharmacological action of a formula, and they are added to tablets, soft gels and capsules for many reasons, either for manufacturing or patient compliance.

It is not uncommon for excipients to make up more than 50% of some tablets. These excipients may be added to assist with tablet binding, adhesion, lubrication or light protection during manufacturing, or possibly to assist with the breakdown, dispersions or palatability of the formula upon ingestion. **Australian regulations for therapeutic goods do not require excipients to be displayed in a given formulation.** For this reason, **Orthoplex places the same amount of importance and scrutiny on the quality and quantity of our excipients as we do on our active ingredients and formulation. We openly disclose all excipients** and understand that pregnancy is a time when mothers-to-be may be more aware of the importance of nutrition and what they ingest.

Due to the sensitive nature of some individuals, **Pure Natal is free from soy, gelatin, gluten and dairy.** It uses a vegetarian-friendly capsule, produced from hypromellose, a cellulose material derived from softwood trees, grown and harvested in the United States. **By carefully selecting ingredients and excipients, Pure Natal has been formulated without the following:**

- ✓ **NO Synthetic Disintegrating Agents**
- ✓ **NO Sodium Starch Glycolate**
- ✓ **NO Soft Gel Plasticisers**
- ✓ **NO Oxide Coatings**
- ✓ **NO Titanium Dioxide**
- ✓ **NO Magnesium Stearate or Talc Lubricants**
- ✓ **NO Synthetic Binders or Adhesive Agents**

Essential Nutrients For Mother and Baby

During preconception, pregnancy and breastfeeding, nutritional needs and requirements are increased due to the physiologic changes of the woman and the metabolic demands of the developing baby.¹ **Each nutrient in Pure Natal has been carefully and specifically selected,** where possible, to be **the most bioavailable, metabolically-active form in a convenient one-a-day, vegetarian-friendly capsule.** Pure Natal contains a full spectrum of Activated B vitamins to support with energy production, growth and nervous system support. Research has identified notable differences in the physiological action and biological function of various forms of B vitamins in certain metabolic pathways and processes. This has led to the development of a range of **bioavailable "activated" B vitamins.** In the body, the biologically active forms of Vitamin B6 (**Pyridoxal-5-Phosphate**), Vitamin B2 (**Riboflavin 5-Phosphate**), Vitamin B12 (**Methylcobalamin**) and Folate (**L-5-Methyltetrahydrofolate**) are readily available for numerous beneficial processes.^{2,3}

Ferrochel®, the patented form of Iron bisglycinate selected for Pure Natal is a highly researched, gentle and well-absorbed form of Iron. It is ionically neutral, that is, it does not carry an electrical charge, ensuring the Iron molecule does not react with other nutrients and is delivered to the intestines for absorption. Iron helps to support red blood cell and haemoglobin production for the transport of oxygen to body cells and tissues, as well as assists in the maintenance of normal blood formation. A number of studies indicate that Vitamin D is particularly beneficial during pregnancy and Pure Natal may assist in the prevention of Vitamin D deficiency when dietary intake is inadequate.¹ Vitamin K2 has been included alongside Vitamin K1 for its role in blood clotting and maintaining bone health. **Pure Natal provides, in one capsule, the therapeutic dose of 1000IU of vegetarian-friendly Vitamin D to support bone and muscle function.**

Scientifically Researched L-5MTHF

Orthoplex White Label Pure Natal contains L-5-MTHF-Ca. **L-5-MTHF is the primary natural form of Folate in food, serum, breast milk and umbilical cord serum.** It is also the form which is transported across membranes into peripheral tissues, particularly across the blood-brain barrier.^{4,5} L-5-MTHF is important for the healthy metabolism of proteins, the formation of red blood cells and normal, healthy cardiovascular function. In the cell, L-5-MTHF is used to remethylate homocysteine.

In the body, L-5-MTHF is immediately available for participation in homocysteine remethylation. In contrast, Folic acid must undergo enzymatic metabolism first by dihydrofolate reductase (DHFR), several intermediate enzymes and finally by methylenetetrahydrofolate reductase (MTHFR).⁶

L-5MTHF and Folic Acid: The Two Most Researched Forms of Folate

Pure Natal contains two of the most researched forms of Folate: L-5-Methyltetrahydrofolate (L-5MTHF) and Folic acid. Adequate Folate status is critical to the development of the baby particularly in the preconception and initial stages of pregnancy. Folic acid is the synthetic form of Folate that has a **long history of efficacy during the developmental stages of pregnancy** particularly for DNA synthesis. However, Folic acid is only found in fortified foods and supplements and must go through enzymatic conversion to become biologically active.¹ Nevertheless, **Pure Natal also provides the biologically active form of Folate, L-5-MTHF** to help support DNA methylation and cell division, thus aiding the healthy growth and development of a baby.¹ The intricate biochemical nature of Folates can, in some circumstances, make them quite structurally unstable and prone to oxidation. While this oxidation may be the result of heating during cooking, Folate is also liable to oxidation within the body.⁶ Pure Natal contains the equivalent of 300mg of 100% buffered Vitamin C to help support the normal stabilisation and protection of Folate.

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Call **1800 077 113** or visit **www.bioconcepts.com.au**