Four-per-day prenatal multivitamin with increased levels of nutrients required during pregnancy and nursing. Includes prenatal levels of folic acid, vitamin C, vitamin B12, iron, vitamin B6, calcium, vitamin E, magnesium and vitamin A. Also recommended in the post-natal period for lactating and non-lactating mothers. Free of sugar, starch, artificial colors, yeast, wheat, corn, lactose, milk and egg derived ingredients.

**KEY FEATURES**
- High in iron, folic acid and vitamins B6, B12: key nutrients required during pregnancy
- Rich in calcium, a critical nutrient during pregnancy often present only in low amounts in prenatal formulas
- Delivers large amounts of the antioxidant vitamins as an all natural ACE complex
- Rich in magnesium; most American diets are deficient in this nutrient which is required in liberal amounts during pregnancy
- Delivers a wide variety of micronutrients necessary for sustained growth during pregnancy
- Free of sugar, starch, artificial colors, yeast, wheat, corn, lactose, milk & egg derived ingredients

**DESCRIPTION**
Daily multiple vitamin/mineral supplement specially formulated to help women meet the demanding nutritional requirements of pregnancy.

**HOW SUPPLIED**
Off-white speckled tablets; 120 per bottle, store in a cool place and keep out of reach of children.

**DIRECTIONS**
Take two tablets with lunch and two tablets with dinner. Prenatal Multi may also be used in the post-natal period for lactating and non-lactating mothers.
BACKGROUND

Folic acid – is a vitamin which the required intake is significantly greater during pregnancy. This B vitamin is required for DNA synthesis in rapidly growing and dividing fetal and placental cells and in the critical biochemistry of methyl group transfer in many tissues. Folic acid is not easily transported from plasma into mature cells so deficient tissues tend to remain poor until turnover; tissue repletion may take months. Deficiencies in either folic acid or B12 has been associated with anemias such as megaloblastic anemia and folic acid deficiency, by itself, causes the spinal malformation known as spina bifida.

Vitamin C – the turnover of vitamin C increases during pregnancy and the RDI has been raised to 80 mg from the current 60 mg/day for adults. This is due partly to increased biosynthesis of collagen, requiring more vitamin C for collagen cross-linking. Another less well-known but critical requirement for vitamin C is in the biosynthesis of L-carnitine, the rare amino acid central for lipid metabolism. Many neonates are screened in clinics for L-carnitine levels; subnormal levels indicate serious lipid abnormalities. Vitamin C deficiency depletes nerve cells of key neurotransmitters such as norepinephrine.

Vitamin B12 – like folic acid, deficiencies of B12 are not uncommon during pregnancy and are manifest in damaged erythrocytes and nerve cells. Deficiency is a serious systemic problem because B12 is required by the Krebs cycle, the primary pathway for energy biosynthesis for all cells.

Iron – at the catalytic, active sites of more enzymes than any other metal, iron is required by the fetus for building all tissues in the new body. Iron enzymes transport oxygen, make ATP & GTP via biosynthesis from foodstuffs, modify of toxins for excretion, biosynthesize cytokines for intercellular communications and most of all, reduce ribose to deoxyribose for fetal DNA biosynthesis. An incredible 90% of American women are iron-deficient during pregnancy, and income is irrelevant.

Vitamin B6 – is the key coenzyme controlling nitrogen levels in cells. This vitamin reacts with all 20 major amino acids releasing ammonia and many aminated by-products formed in fast-growing tissues. It is also a key protective vitamin, detoxifying many by-products from our tissues bathed with high sugar and starch concentrations – the fall-out from the typical US, fast-food diets. Calcium – the #1 metal in humans and the primary constituent of bones, calcium is also a powerful neurotransmitter and muscle contracting agent. Diets low in calcium may result in robbing calcium from the expecting mother’s body leading to low bone-calcium concentrations.

Vitamin E – this is the vitamin responsible for keeping the levels of toxic, Reactive Oxygen Species (ROS) in check in new, active tissues. ROS are produced in abundance, by “mistake”, in the mitochondria of cells functioning at high metabolic rates, like those in rapidly dividing neonatal tissues. Deficiency in vitamin E leads to irreversible destruction of mitochondria with all the complications of heart and muscle weakness, kidney, liver problems and premature aging.

Magnesium – is the second most common metal in mammalian cells. Many critical enzyme reactions will not occur in the absence of adequate magnesium, since this metal forms very stable complexes with ATP and GTP and these triphosphates drive dozens of enzymes in new tissues. Like iron, magnesium deficiency is common during pregnancy irregardless of family income. Inadequate magnesium intake during pregnancy is also associated with SIDS (sudden infant death syndrome).

Vitamin A – deficiencies in this vitamin have serious consequences including night and total blindness. Diets low in animal proteins are unable to deliver necessary vitamin A to expecting mothers and children. This vitamin is quite labile and must be handled with care during manufacture and QC.

REFERENCES

THE ANABOLIC DIFFERENCE

Anabolic Laboratories’ nutritional products are made in a registered, licensed and inspected pharmaceutical facility. Our in-house laboratories and manufacturing facilities are routinely inspected by the United States Food and Drug Administration (FDA) and Drug Enforcement Administration (DEA). We also maintain a Good Manufacturing Practice (GMP) certification from the Natural Products Association.

As a pharmaceutical manufacturer, the standards used for raw materials, production and finished product testing exceed FDA requirements for the nutritional products industry. Our pharmaceutical requirements for manufacturing are the foundation for the guaranteed quality of our nutritional products. Anabolic Laboratories sets the nutritional supplement industry standard for label accuracy, potency and purity as dictated by the FDA for pharmaceutical and nutritional products.