

Prenatal Vitamins

DIETARY SUPPLEMENT



Complete prenatal vitamins & minerals with 1,000 mcg of folic acid, from the company that knows fertility and pregnancy the best

- 1,000 mcg of folic acid to help the baby develop healthy brain and spine, and prevent
- neural tube defects*
- Calcium to build the baby's strong bones, while maintaining the mother's bone mass
- and dental health*
- Iron to supply enough oxygen to the baby*
- Iodine to help in the development of the baby's central nervous system*

DESCRIPTION: Fertility Nutraceuticals, LLC (FNC)'s [Prenatal Vitamins](#) contains the pregnancy-supporting benefits of prenatal vitamins. Each tablet is white in color, oblong and opaque. Like all of our other products [Prenatal Vitamins](#) goes through a rigorous third party testing process, unique in our industry.

BENEFITS OF VITAMINS & MINERALS:

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.

In addition to folic acid that helps babies develop a normal brain and spine,* FNC's [Prenatal Vitamins](#) 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 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: 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: 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.

POTENTIAL SIDE EFFECTS: Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

Should supplementation with [Prenatal Vitamins](#) lead to unwanted side effects, discontinue supplementation and consult with a healthcare provider immediately.

To report any adverse effects associated with [Prenatal Vitamins](#), please call 212-628-0851.

SUPPLEMENTATION SCHEDULE: Take one tablet daily with a meal, or as directed by your physician.

HOW SUPPLIED: FNC's [Prenatal Vitamins](#) is packaged in child-resistant bottles, each one containing a 12-week supply.

STORAGE: FNC's [Prenatal Vitamins](#) 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.

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 ₆ (as pyridoxine HCl)	25 mg	1,250%	1000%
Folate (as folic acid)	1000 mcg	250%	125%
Vitamin B ₁₂ (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%

Manufactured for:



FERTILITY
NUTRACEUTICALS LLC

New York, NY 10075

Manufactured by:

Garden State Nutritionals
West Caldwell, NJ 07006

For additional information call: 212-628-0851.

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.