

New Roots Herbal is pleased to introduce its Prenatal formula

Nutritional demands during pregnancy can exceed those supplied by the diet. A healthy child-bearing woman is more likely to give birth to a healthy child. Providing nutrients during pregnancy is less about supplying empty calories and more about making sure all the essential nutrients are present to facilitate healthy fetal growth and development.

The typical grocery list may not respond to all the nutritional requirements present during pregnancy. **Prenatal** by New Roots Herbal will ensure that the critical nutritional requirements of both mother and child will be met before and during pregnancy, and while breast-feeding.

Prenatal is a comprehensive formula which supplies 24 vitamins, minerals, and nutraceuticals critical to healthy fetal development.

Prenatal supplies the following:

Vitamin C as Ascorbic Acid: Humans are among a small group of vertebrates that don't synthesize vitamin C; therefore dietary consumption is essential. Vitamin C plays a critical role as a cofactor in collagen production; collagen is the protein present in all connective tissue and blood vessels. The RDA for vitamin C increases by 67% during pregnancy and while breast-feeding.

Vitamin D as Vitamin D₃: This form of vitamin D, also known as cholecalciferol, is produced by exposure to sunlight. Vitamin D₃ is necessary for calcium absorption; with sunlight at a premium during the winter months, supplementation is critical to maintain levels adequate for skeletal development of the fetus.

Vitamin E as Tocopheryl Acetate: Vitamin E exerts antioxidant action that reduces the incidence of pre-eclampsia (pregnancy-related hypertension) that can increase the possibility of maternal or neonatal mortality.

Vitamin K as Phylloquinone: This fat-soluble vitamin is vital to blood clotting. Vitamin K is also essential for the

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conversion of glucose to glycogen for storage in the liver. Vitamin K is critical to the blood clotting process that babies can lack at birth.

B vitamins were once thought to be a single vitamin; however, these eight water-soluble vitamins are collectively referred to as the vitamin B complex. All eight B vitamins are included in **Prenatal** to support exponential cell growth of the fetus during the first trimester. Water-soluble vitamins are not stored by the body and are therefore in constant demand by both mother and child during pregnancy.

Vitamin B₁ as Thiamine HCl: This was the first vitamin discovered; it's a cofactor in the conversion of complex carbohydrates to glucose, to fuel fetal nervous system development.

Vitamin B₂ as Riboflavin 5-phosphate: Vitamin B₂ is required for aerobic respiration at the cellular level. Vitamin B₂ also improves the bioavailability of the full spectrum of nutrients necessary for the rapidly developing cells of the baby's skin, bones, muscle, and nervous system.

Vitamin B₃ as Niacinamide: Also known as niacin, vitamin B₃ fuels nervous system development in the fetus and regulates adrenal function for the expectant mother.

Vitamin B₅ as Calcium Pantothenate: Although deficiency of this vitamin is rare, it forms part of coenzyme A (CoA), which is central to chemical reactions at the cellular level that promote the increased metabolic needs of the expectant mother.

Vitamin B₆ as Pyridoxal 5-Phosphate: Vitamin B₆ promotes the metabolism of carbohydrates, fats, and proteins. These nutrients provide nourishment for fetal development of neurotransmitters within the central nervous system. Vitamin B₆ is also a popular treatment for nausea and vomiting in expectant mothers.

Vitamin B₁₂ as Methylcobalamin: Vitamin B₁₂ is instrumental to nervous system function in the developing fetus,

New Roots Herbal also offers the following products that may be of interest for the expectant mother:

Wild Omega 3 EPA 660 mg DHA 330 mg, Acidophilus Ultra, MumMa Milkstream, Body Rejuvenation Kit





as well as with the establishment of the circulatory system. The role it plays in DNA synthesis is of critical importance at the embryonic stage.

Folic Acid as Folate: Also known as vitamin B₉. Folic acid deficiency has been connected to the neural tube defects spina bifida and anencephaly. Formation of the brain and spinal cord begin at conception; folic acid triggers the closure of the neural tube and fetal brain within the first 4 weeks of pregnancy. Folic acid supplementation prior to conception can reduce the incidence of spina bifida alone by 70%.

Biotin, Vitamin B₇: Biotin is essential for fetal cell growth, along with metabolism of amino acids and fats. The “citric acid cycle” (aerobic cellular respiration) occurs in the mitochondria of every cell and relies upon biotin to occur.

Calcium Citrate: Calcium is the foundation of bone formation; calcium citrate is an acidic source of elemental calcium that promotes easy absorption for use in fetal development.

Magnesium Citrate: Magnesium is active in approximately 300 biochemical reactions within the human body. Magnesium also works with calcium to build strong bones for the baby and maintain strong bones for the mother.

Iron Glycinate: Iron is the backbone for hemoglobin. During pregnancy, blood volume expands by 50%. Keeping the placenta oxygenated with adequate red blood cells facilitates proper fetal development. We’ve chosen the chelated form for its high degree of bioavailability.

Zinc Citrate: Zinc is often referred to as the “fertility mineral”; the health and vigour of

both sperm and ovum (female egg) rely on an adequate supply of this critical mineral. Zinc citrate is a safe and bioavailable combination of zinc and citrate, which is a derivative of citric acid. Zinc also supports DNA production and is essential for the establishment of a healthy immune system.

Selenomethionine: Selenomethionine is a highly bioavailable form of selenium in the form of an amino acid chelate. Selenium contributes to effective thyroid function that is often compromised during and after pregnancy.

Copper Citrate: Copper works as a cofactor in several processes that are important to both mother and child. Copper facilitates the inclusion of iron into red blood cells to respond to the need for increased hemoglobin to nourish the placenta. Copper is also a major component of the myelin sheath that insulates nerve fibers.

Manganese Citrate: Manganese is one of the trace elements that facilitate the production of bone and cartilage; the fetal demands for bone and cartilage formation intensify in the second and third trimesters. Manganese also promotes enzymatic action pivotal in the body’s use of several ingredients in **Prenatal**, including biotin, thiamin, and vitamin C.

Chromium Polynicotinate: Chromium combined with nicotinic acid (vitamin B₃) enhances the production of insulin; potential chromium deficiency can contribute to gestational diabetes.

Molybdenum Citrate: Molybdenum is a cofactor that works with sulfite oxidase to change potentially toxic sulfites to harmless sulfates. Sulfite allergies are particularly dangerous for those suffering from asthma as any interruption of oxygen to the placenta is potentially harmful.

Potassium Citrate: This form of potassium is readily absorbed and helps regulate electrolyte levels as well as the delicate

balance between sodium and potassium that are responsible for cellular respiration.

Boron Citrate: Boron works synergistically with vitamin D and estrogen to promote strong bones. Onset of osteoporosis can begin at the age of 30 for some women; therefore, elements that promote healthy bones are good for child-bearing women.

Potassium Iodide: Thyroid function is often negatively affected during pregnancy. Iodine is irreplaceable for the production of the hormones triiodothyronine (T3) and thyroxine (T4). Thyroid hormones control the metabolism of every cell in the human body; ensuring proper thyroid function is a key component of a healthy pregnancy.

Prenatal ensures that mother and child alike have the full complement of vitamins and minerals to support fetal development without compromising the health of the mother. The knowledge that the nutritional needs of the child are met can give the expectant mother the peace of mind necessary to focus on the many other aspects of a safe and happy pregnancy.



THREE VEGETABLE CAPSULE CONTAIN:

Vitamin C (as Calcium Ascorbate)	175 mg
Vitamin D (as Vitamin D ₃) 400 IU	4 mg
Vitamin E (as D- <i>alpha</i> -Tocopheryl Acetate) 50 IU	79.365 mg
Vitamin K (as Vitamin K ₁)	100 mcg
Vitamin B ₁ (Thiamine)	75 mg
Vitamin B ₂ (Riboflavin 5-phosphate)	35 mg
Vitamin B ₃ (Niacinamide)	50 mg
Vitamin B ₆ (Pyridoxal 5-phosphate)	35 mg
Folic acid (Folate)	1 mg
Vitamin B ₁₂ (Methylcobalamin)	1 mg
Biotin	300 mcg
Vitamin B ₉ (Calcium pantothenate)	100 mg
Calcium Citrate	200 mg
Iron Glycinate	35 mg
Iodine (Potassium Iodide)	150 mcg
Magnesium Bisglycinate	100 mg
Zinc Citrate	25 mg
Selenomethionine	50 mcg
Copper Citrate	1.5 mg
Manganese Citrate	5 mg
Chromium Polynicotinate	100 mcg
Molybdenum Citrate	50 mcg
Potassium Citrate	70 mg
Boron Citrate 5%	230 mcg

NON-MEDICINAL INGREDIENTS: Vegetable magnesium stearate and silicon dioxide, in a **NON-GMO vegetable capsule** composed of vegetable cellulose and purified water.

SUGGESTED USE: Take 3 capsules daily before a meal.

Keep out of reach of children.