

BARCODE

DIRECTIONS: Take one packet daily as directed by your healthcare practitioner.

Prenatal Essentials™ is designed to meet the higher nutritional needs of women who are preparing for pregnancy or are pregnant. This formula not only addresses these additional needs in a comprehensive way, but it also reflects recent research by including key nutrients in forms that optimize absorption while being gentle to the digestive tract. Each convenient packet includes:

•OmegaPure DHA™, Vitamin D, and Choline - Adequate intakes are critically important during pregnancy for healthy fetal development, particularly of fetal brain and retina; neurocognitive and neuromotor functions; and neuronal growth.*

•Folate - Adequate folate nutrition before and during pregnancy can prevent major birth defects of the brain or spine. 5-MTHF† is the most biologically active form of folate, and data suggest that 5-MTHF supplementation increases plasma folate more effectively than folic acid.*

•B Vitamins - These critical vitamins work together to support healthy energy production; healthy cell growth and cell division; and neurologic, cardiovascular, immune, dermatological, and emotional health.*

•Bioavailable, yet Gentle Minerals – Ferrochel® iron, DimaCal® calcium, and trace minerals provided as TRAACS® amino acid chelates promote optimal utilization while being gentle to the gastrointestinal tract.*

•Antioxidants and Other Nutrients – Generous levels of antioxidant and immune-supportive nutrients address the increased physiological stress of pregnancy and promote healthy tissue maintenance and growth.*

Each packet contains: 5 Multivitamin/Mineral Capsules and 1 OmegaPure DHA Softgel

***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.**

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.

CAUTIONS: Consult your healthcare practitioner before use. Keep out of reach of children. Avoid if allergic to any ingredient.

Vitamin A: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 5,000 IU of preformed vitamin A (retinyl acetate or retinyl palmitate) per day.

Vitamin K: Consider total vitamin K intake (food and supplements) if you are taking blood-thinning medication.

STORAGE: Keep tightly closed in a cool, dry place.

DOES NOT CONTAIN: Wheat, gluten, corn protein, yeast, soy protein, dairy products, shellfish, artificial colors, sweeteners, or preservatives.

XYMOGEN®

EXCLUSIVE PROFESSIONAL FORMULAS



Supplement Facts

Serving Size: 1 Packet
Servings Per Container: 30

	5 Multivitamin/Mineral Capsules		1 OmegaPure DHA™ Softgel	
	Amount Per Serving	%DV* for Pregnant or Lactating Women	Amount Per Serving	%DV* for Pregnant or Lactating Women
Calories				
Calories from Fat			9	
Total Fat			1 g	2%
Vitamin A (2,000 IU as retinyl palmitate and 3,000 IU as mixed natural carotenoids)	5000 IU	63%		
Vitamin C (as ascorbic acid)	100 mg	167%		
Calcium (DimaCal® Di-Calcium Malate)	400 mg	31%		
Iron (Ferrochel® Ferrous Bisglycinate Chelate)	30 mg	167%		
Vitamin D3 (as cholecalciferol)	2000 IU	500%		
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	200 IU	667%		
Vitamin K2 (as menaquinone-7)	100 mcg	**		
Vitamin B1 (as thiamine HCl)	5 mg	294%		
Vitamin B2 (as riboflavin 5' phosphate)	5 mg	250%		
Vitamin B3 (as niacinamide)	25 mg	125%		
Vitamin B6 (as pyridoxal 5' phosphate)	20 mg	800%		
Folate (400 mcg as calcium folinate and 400 mcg as 5-methyltetrahydrofolate†)	800 mcg	100%		
Vitamin B12 (as methylcobalamin)	50 mcg	625%		
Biotin	300 mcg	100%		
Pantothenic Acid (as d-calcium pantothenate)	25 mg	250%		
Iodine (112.5 mcg as potassium iodide and 112.5 mcg as elemental iodine)	225 mcg	150%		
Magnesium (as Di-Magnesium Malate)	200 mg	44%		
Zinc (TRAACS® Zinc Glycinate Chelate)	20 mg	133%		
Selenium (as selenomethionine)	100 mcg	**		
Copper (TRAACS® Copper Glycinate Chelate)	2 mg	100%		
Manganese (TRAACS® Manganese Glycinate Chelate)	5 mg	**		
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	100 mcg	**		
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	100 mcg	**		
Choline (as choline dihydrogen citrate)	200 mg	**		
Fish Oil Concentrate			1 g	**
DHA (docosahexaenoic acid)			580 mg	**
EPA (eicosapentaenoic acid)			60 mg	**

* Percent Daily Values are based on a 2,000 calorie diet
** Daily Value (DV) not established.

Other Ingredients for Multivitamin/Mineral Capsule: HPMC (capsule), magnesium stearate, stearic acid, and silica.
Other Ingredients for OmegaPure DHA: Gelatin, glycerin, purified water, and mixed natural tocopherols.
Contains: Fish (tuna, sardine, anchovy).

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.



Quatrefolic™ † Quatrefolic™ is a registered trademark of Gnosis S.p.A. Patents Pending.

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