

Ingredient	RDI Pregnancy	NaturoBest's Prenatal Trimester One	NaturoBest's Prenatal Trimester 2 & 3 Plus Breastfeeding
Betacarotene	X	X	1.5mg
Vitamin B1	1.4mg	5mg	20mg
Vitamin B2	1.4mg	5mg	20mg
Vitamin B3	18mg	20mg	40mg
Vitamin B5	5mg	25mg	50mg
Vitamin B6	1.6mg	75mg	25mg
Folate	600mcg	500mcg	500mcg
Vitamin B12	2.6mcg	500mcg	400mcg
Choline	440mg	50mg	200mg
Inositol	No RDI stated	50mg	50mg
Biotin	25mcg	400mcg	400mcg
Vitamin C	60mg	80mg	85mg
Vitamin D	200iu	500iu	1000iu
Vitamin E	X	X	11mg
Chromium	30mcg	50mcg	50mcg
Iodine	220mcg	150mcg	270mcg
Iron	27mg	X	24mg
Magnesium	350mg	85.52mg	100mg
Manganese	5mg	4mg	4mg
Molybdenum	50mcg	50mcg	50mcg
Selenium	65mcg	50mcg	50mcg
Zinc	11mg	11mg	24mg
Alpha lipoic acid	No RDI stated	100mg	100mg

✓ Free from copper, vitamins A and K, yeast, gluten, wheat, dairy, soy, titanium dioxide, colours, flavours, sweeteners and preservatives. They are non-GMO and in a vegetarian capsule.

References: 1. JAVADI, E.H. S., SALEHI, F. & MASHRABI, O. (2013) Comparing the effectiveness of vitamin B6 and ginger in treatment of pregnancy-induced nausea and vomiting. *Obstetrics & Gynecology International*. 2. MALEK, L. et al. (2016) Adherence to the Australian dietary guidelines during pregnancy: evidence from a national study. *Public Health Nutrition*, 19(7), 1155-1163. 3. RANZCOG, Vitamin and mineral supplementation in pregnancy. *The Royal Australian and New Zealand College of Obstetricians and Gynaecologists*, 2015(May): p. 1-14.

THIS INFORMATION IS FOR HEALTHCARE PROFESSIONALS ONLY



A prenatal supplement range

that changes as requirements evolve according to a woman's trimester



This range has been designed for discerning women who value the quality of the nutrients they ingest and recognise the importance of preventative health care.



NaturoBest's Prenatal Trimester One and Prenatal Trimester 2 & 3 Plus Breastfeeding contain well-researched high quality ingredients and minimal excipients.



NATUROBEST®

creating a healthier world, one baby at a time

PRENATAL

Trimester One

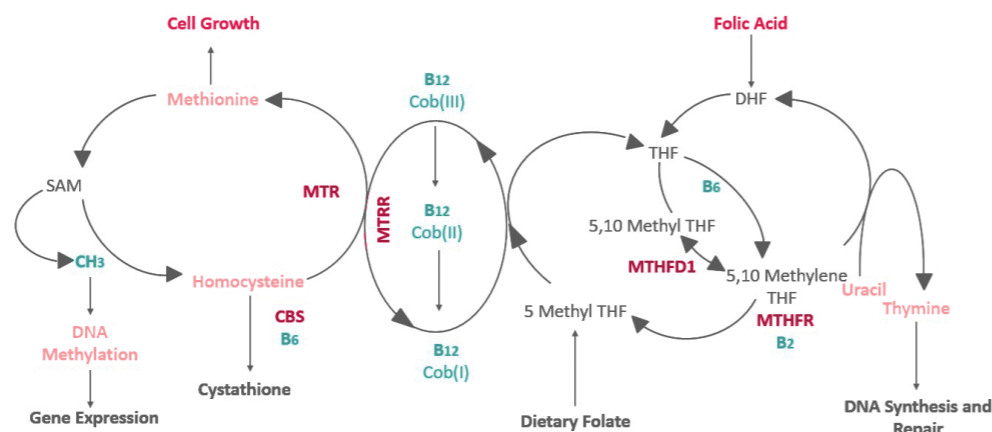


A premium prenatal multivitamin and mineral supplement specially formulated to support a woman's unique nutritional requirements in the first trimester as well as minimising the symptoms of morning sickness. Up to 85% of women suffer from morning sickness and her appetite can be affected making it difficult to meet her daily nutrient requirements [1]



- ✓ Iron and copper free
- ✓ 75mg of vitamin B6 in a daily dose including 25mg as the active form pyridoxal-5-phosphate which reduces the frequency and severity of nausea and vomiting in pregnancy
- ✓ It contains the active form of folate, 5-MTHF for those women with certain genetic polymorphisms that affect methylation of folic acid
- ✓ Two capsule daily dose for enhanced therapeutic efficacy

Methylation Pathway B Vitamin Metabolism



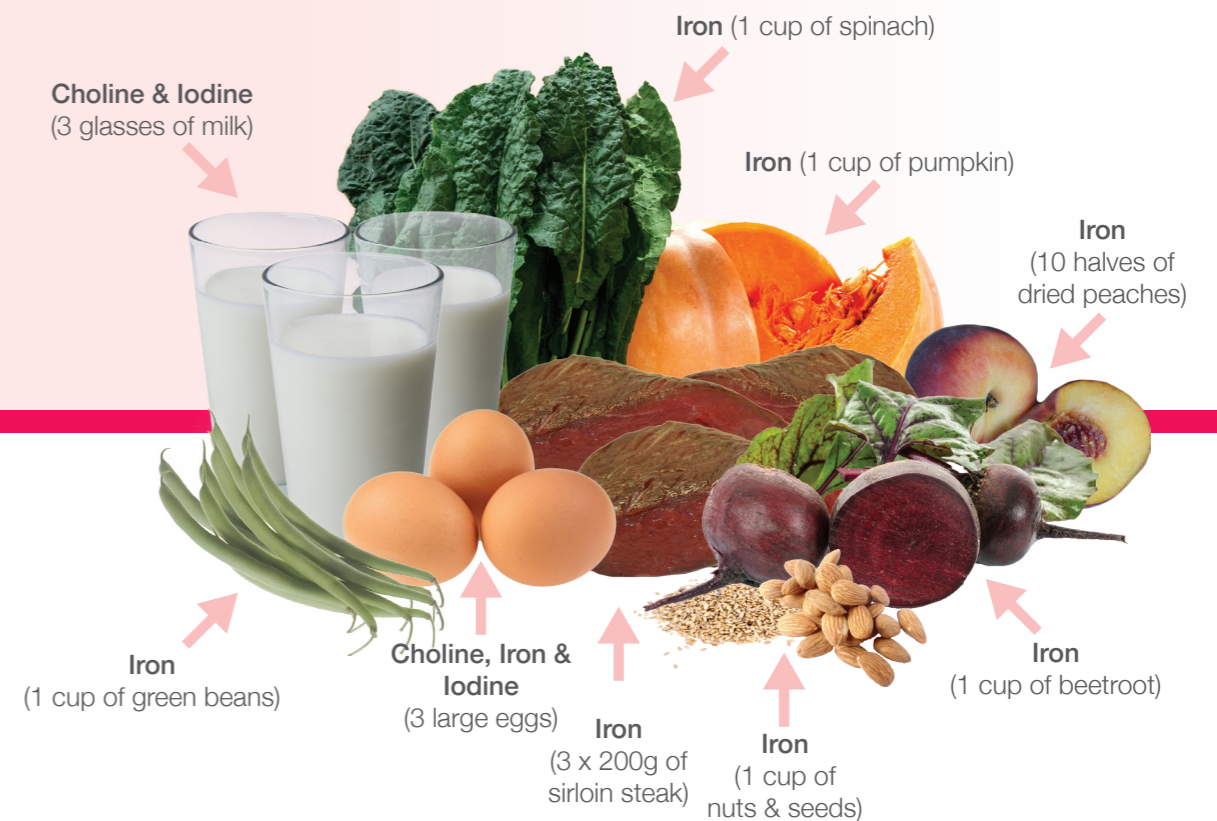
PRENATAL

Trimester 2 & 3 Plus Breastfeeding

The requirement of nutrients is increased in the second and third trimesters due to haemodilution. Prenatal Trimester 2 & 3 Plus Breastfeeding contains higher levels of key nutrients such as vitamins B1, activated B2, B3 and B5, choline, iodine, iron, zinc and vitamin D

- ✓ Easily absorbed forms of high quality minerals such as magnesium citrate and iron bisglycinate
- ✓ Free from copper. Copper rises naturally during pregnancy and supplementation is not usually necessary

Although most women believe they have a healthy diet during pregnancy, they rarely meet the recommendations for all 5 food groups [2]. However, the RDI of fat soluble vitamins A and K are easily obtained through the diet and may be toxic in excess [3]. Due to increased nutritional requirements during pregnancy and breastfeeding, it is often difficult to achieve the recommended daily intake through diet [3]



A woman would need to eat all of these foods every day to meet the requirement of three key nutrients during pregnancy, choline, iron and iodine.