

ULTIMATE PRENATAL[™]

- A Multiple Vitamin/Mineral Supplement for Pregnant and Nursing Mothers with Enzymes, Amino Acids and Herbs.
- One of the highest quality prenatal multiples available. **Ultimate Prenatal[™]** gives emphasis to balance, form and potency of each nutrient especially required during the prenatal period.
- **Ultimate Prenatal[™]** provides 53 nutrients including vitamins, minerals, amino acids, and digestive enzymes as well as a blend of 8 natural herbs, which help in the birth process.*
- **Ultimate Prenatal[™]** supplies 13 valuable minerals that are especially important during the prenatal period. Levels of these minerals in the **Ultimate Prenatal[™]** formula are the highest available in nutritional supplements of this type.*
- Calcium and Magnesium support bone and teeth formation.*
- Iron is an important blood building nutrient for the baby as well as for the mother. A deficiency of iron means that new blood cells will be unable to transport sufficient levels of oxygen to the fetus. **Ultimate Prenatal[™]** contains one of the highest levels of iron in prenatal formulas in its glycinate and fumarate forms. These forms have a three times higher utilization rate in the body compared to other forms which have only a 10% assimilation rate.*
- Vitamin C, Beta Carotene and Vitamin E are antioxidants which are especially required during pregnancy due to an almost 30% increase in oxygen utilization by the mother.* Vitamin A in **Ultimate Prenatal[™]** is 100% Beta Carotene, not preformed Vitamin A.
- Water soluble vitamins (B and C) are important during pregnancy because they are not stored, but are vital for healthy fetal development.*
- Vitamin C in the **Ultimate Prenatal[™]** formula is provided both as ascorbic acid and calcium ascorbate for maximum assimilation.*
- All 11 recognized members of the B complex are included for proper nerve and brain functioning.* The need for folic acid is especially increased during pregnancy and is involved in improved lactation. Reports indicate that one-third to one-half of pregnant women in the last 3 months of pregnancy are deficient in folic acid.*
- Choline and inositol support detoxification processes, which are greatly increased during pregnancy.* Octacosanol supports endurance, stamina and strength.*
- **Ultimate Prenatal[™]** contains Enzopharm[®] Plus a proprietary blend of vegetarian enzymes that aid the body in absorbing and utilizing nutrients that are not easily digestible.*

Suggested Use: As a dietary supplement, take 5 tablets daily. Daily amount should be divided throughout the day and taken with food or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 5 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as 100% Beta Carotene) 2,250 mcg	250%	Molybdenum (as Mo AAC) 25 mcg	56%
Vitamin C (as Ca Ascorbate & Ascorbic Acid) 1000 mg	1,111%	Potassium (as K Citrate) 50 mg	1%
Vitamin D3 (as Cholecalciferol) 10 mcg (400 IU)	50%	Boron (as B AAC) 1 mg	*
Vitamin E (as d-alpha Tocopheryl Succinate) 134 mg	893%	Silicon (from Horsetail Rush) 6 mg	*
Vitamin K1 (as Phytonadione) 5 mcg	4%	Betaine HCl 20 mg	*
Thiamin 20 mg	1,667%	Inositol 20 mg	*
Riboflavin 20 mg	1,538%	PABA (Para-aminobenzoic Acid) 15 mg	*
Niacin (as Niacinamide & Niacin) 40 mg	250%	L-Cysteine 20 mg	*
Vitamin B6 (as Pyridoxine HCl and P-5-P) 50 mg	2,941%	L-Glutamine 20 mg	*
Folate 1,500 mcg DFE (Folic Acid 900 mcg)	375%	DL-Methionine 20 mg	*
Vitamin B12 (as Methylcobalamin) 20 mcg	833%	L-Aspartic Acid 20 mg	*
Biotin 600 mcg	2,000%	Octacosanol 250 mcg	*
Pantothenic Acid (as Calcium Pantothenate) 30 mg	600%	Soy Lecithin 150 mg	*
Choline (as Choline Citrate) 20 mg	4%	Linoleic Acid 50 mg	*
Calcium (as Ca Carbonate & Ca Citrate) 1000 mg	77%	RNA (Ribonucleic Acid) 5 mg	*
Iron (Fe aspartate, Fe glycinate & Fe fumarate) 30 mg	167%	Mixed Citrus Bioflavonoids 300 mg	*
Iodine (from Kelp) 225 mcg	150%	Hesperidin 10 mg	*
Magnesium (as Mg Oxide) 500 mg	119%	Rutin 5 mg	*
Zinc (as Zn Gluconate) 20 mg	182%	Pectin 5 mg	*
Selenium (as Se AAC) 25 mcg	45%	Red Raspberry Leaf 5 mg	*
Copper (as Cu AAC) 0.2 mg	22%	Nettle (<i>Urtica dioica</i>) Leaf 5 mg	*
Manganese (as Mn Gluconate) 6 mg	261%	Clove Flower 5 mg	*
Chromium (as Cr Polynicotinate)† 25 mcg	71%	Alfalfa Herb Powder 5 mg	*
		Peppermint Leaf 5 mg	*
		Parsley Leaf 5 mg	*
		Rose Hips 5 mg	*
		Chamomile Flower 5 mg	*
		A proprietary blend of vegetarian enzymes (Amylase, Protease, Lipase, Hemicellulase, and Lactase) 16 mg	*

*Daily Value not established.

†ChromMate[®] brand niacin-bound chromium.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control immediately.

ChromMate[®] is a registered trademark of InterHealth N.I.

CHROMEMATE[®]

*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.

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