



# PRENATAL SUPPORT

Supplement	Quantity	Time
Advanced AM	1	Morning
Folate	1	Morning
Iron	1	Morning
Omega-3 Complex	1	Evening
Advanced PM	1	Evening

## WHAT DOES THE PRENATAL PACK DO?

Eating a healthy, balanced diet can help you get the proper vitamins and minerals you need, but even the best eaters have nutritional gaps and fall short on key nutrients. If you are trying to conceive or are pregnant, a high-quality prenatal vitamin can help fill those nutritional gaps. While most prenatal vitamins on the market today attempt to package what you need into a single pill to be taken at any time throughout the day, IDLife's Prenatal Pack comes with 5 different vitamins specifically designed to be taken at the right time of day, to help provide you and your child more of what each of you needs and support optimal absorption of the nutrients.

\*Consult your physician and follow all safety instructions before using any prenatal supplement or nutritional product. The information on our website is not intended to diagnose or treat any medical condition or to replace the advice of a healthcare professional. The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

Amount Per Serving	Morning Pack		Evening Pack	
		%DV		%DV
Vitamin A (Retinyl Acetate and 50% as Beta Carotene)	0.00 mcg RAE	0%	750.00 mcg RAE	83%
Vitamin C (from Calcium Ascorbate)	60.00 mg	66%	30.00 mg	33%
Vitamin D3 (from Cholecalciferol)	0.00 mcg	0%	12.50 mcg	83%
Vitamin E (as d-alpha tocopherol)	0.00 mg	0%	10.00 mg	66%
Thiamin (from Thiamine Mononitrate)	1.00 mg	66%	0.00 mg	0%
Riboflavin	1.30 mg	100%	0.00 mg	0%
Vitamin B3 (as Niacinamide)	20.00 mg NE	100%	0.00 mg NE	0%
Vitamin B6 (from Pyridoxine hydrochloride)	2.00 mg	153%	0.00 mg	0%
Folate (from 5-MTHF ((6S)-5-Methyltetrahydrofolic Acid, Glucosamine Salt and Calcium Folate))	800.00 mcg DFE	200%	100.00 mcg DFE	25%
Folate (from Calcium Folate and 5-MTHF ) (6S-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	100.00 mcg DFE	25%	0.00 mcg DFE	0%
Vitamin B12 (as methylcobalamin)	2.00 mcg	83%	0.00 mcg	0%
Biotin (as D-Biotin)	30.00 mcg	100%	0.00 mcg	0%
Vitamin B5 (Pantothenic Acid from d-Calcium Pantothenate)	1.00 mg	10%	50.00 mg	50%
Calcium (from Calcium Citrate Malate)	18.00 mg	1%	0.00 mcg	0%
Choline (as Choline Bitartrate)	50.00 mg	9%	0.00 mg	0%
Calcium (from Calcium Carbonate)	0.00 mg	0%	100.00 mg	10%
Iron (as Ferrochel® (Ferrous Bisglycinate Chelate))	28.00 mg	155%	0.00 mg	0%
Iodine (from Organic Geothermal Kelp)	75.00 mcg	50%	75.00 mcg	50%
Magnesium (from Magnesium Oxide)	0.00 mcg	0%	100.00 mg	25%
Zinc (from Zinc Bisglycinate Chelate)	5.00 mg	45%	1.00 mg	9%
Selenium (from L-selenomethionine)	35.50 mcg	64%	36.00 mcg	65%
Copper (from Copper Bisglycinate Chelate)	0.00 mcg	0%	500.00 mcg	55%
Manganese (as Manganese Bisglycinate Chelate)	1.00 mg	43%	1.00 mg	43%
Chromium (as Chromium Nicotinate Glycinate Chelate)	60.00 mcg	200%	0.00 mcg	0%
Molybdenum (from Molybdenum Glycinate Chelate)	0.00 mcg	0%	75.00 mcg	166%
Potassium (from Potassium Citrate)	0.00 mg	0%	50.00 mg	1%
Docosahexaenoic Acid (DHA-from Alaska Pollock)	0.00 mg	*	190.00 mg	*
Eicosapentaenoic Acid (EPA-from Alaska Pollock)	0.00 mg	*	250.00 mg	*
GABA (Gamma Aminobutyric Acid)	0.00 mg	*	50.00 mg	*
IDLife Proprietary Blend: Green Tea Extract (Camellia sinensis)(leaf), Quercetin (Dimorphandra mollis) (bud), Turmeric Extract (Curcuma longa)(Root), Glucoraphanin (from Brassica oleracea)(seeds)	24.50 mg	*	24.50 mg	*
PABA (para-Aminobenzoic Acid)	25.00 mg	*	0.00 mg	*
Vanadium (from Vanadium Nicotinate Glycinate Chelate)	0.00 mcg	*	500.00 mcg	*

\* Daily Value (DV) not established.

Other Ingredients: Gelatin Capsule, Microcrystalline Cellulose, Gelatin (Bovine), Glycerin, Stearic Acid, Magnesium Stearate, Silica, DI Water, Dicalcium Phosphate, Ascorbyl Palmitate Food Grade, Starch, L-Leucine, Maltodextrin, Calcium Sulfate

**Warning:** This product contains iron. Accidental overdose of drugs that have iron in them is a leading cause of deadly poisoning in children younger than 6 years of age. Keep this product away from children. In case of accidental overdose, call a doctor or poison control center immediately.

**Caution:** Folic Acid may obscure pernicious anemia in that the peripheral blood picture may revert to normal while neurological manifestations remain progressive. Allergic sensitization has been reported following both oral and parenteral administrations of Folic acid. You should consult with your physician or health care professional before taking any products intended to supplement your nutrition.



## FAQS

### HOW ARE PRENATAL VITAMINS DIFFERENT FROM OTHER VITAMINS?

Prenatal vitamins typically contain more folic acid, iron, and other vitamins and minerals than do standard multivitamins because science has proven the benefits of certain nutrients in the development of the fetus:

- Folic acid helps in the development of the baby's neural tube.
- Iron supports the baby's growth and development.
- Calcium and Vitamin D support healthy and strong bone development.
- Omega-3 Fatty Acids help promote a baby's brain development.
- Choline helps support healthy spinal cord and brain development.
  
- Iodine helps support normal cognitive development.
- Research also suggests that taking prenatal vitamins can greatly reduce the risk of having a baby with low birth weight.

In addition to the vitamins listed above, which in no way are exhaustive, IDLife has developed this pack based on the well-established recommendations of doctors and scientists who continue to identify and publish literature about the benefits of nutritional supplementation both before and during pregnancy.

### WHEN SHOULD I START TAKING PRENATAL VITAMINS?

During the first month of pregnancy, a baby's neural tube begins to develop, which later develops into the brain and spinal cord. Because most women aren't immediately aware that they have conceived a child, it is recommended that any woman attempting to get pregnant, or not making any attempts to prevent pregnancy, start taking prenatal vitamins at least three months beforehand.

### HOW LONG SHOULD I TAKE PRENATAL VITAMINS?

It is universally recommended that women take a prenatal vitamin before conception and throughout the entire pregnancy. If you plan on breastfeeding, it may be important to continue taking your prenatal vitamins to continue to provide your new baby with the extra vitamins and minerals they need in the early stages of development.

### DO I NEED A PRENATAL VITAMIN?

A healthy and balanced diet can help keep you well nourished, but most women don't get nearly enough folic acid, iron and choline in their diet to support them during pregnancy. These nutrients, and the others found in the Prenatal Pack, can support you throughout your pregnancy, and research has shown that prenatal vitamins can decrease the risk of low birth weight.

### ARE THERE ANY SIDE EFFECTS TO THE PRENATAL PACK?

Some pregnant women may feel a little nauseated after taking prenatal vitamins. You can help avoid this by taking your vitamins with a snack or meal.

### WHAT IS THE BEST TIME FOR ME TO TAKE MY PRENATAL PACK?

Just like our one-of-a-kind personalized vitamin program, IDNutrition, the Prenatal Pack is delivered in both AM and PM dosing to ensure that you are taking the right vitamins at the right time of day to ensure optimal absorption and effectiveness for you and your baby.