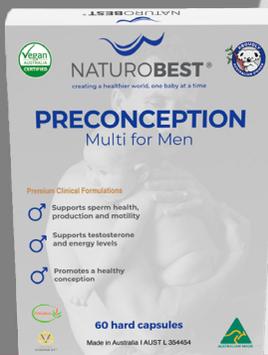




PRECONCEPTION Multi for Women



PRECONCEPTION Multi for Men



PRENATAL Trimester One - With Ginger -

A baby's nutritional requirements commence prior to conception and a woman's nutritional requirements during pregnancy increase dramatically so preparation is vital.

It is crucial for men to pay attention to their overall health when preparing for conception. Modern lifestyle factors such as stress, diet, smoking or drinking alcohol can lead to sperm DNA damage.

Trimester one is a crucial time to promote health and wellness. This can be difficult when up to 85% of women suffer from morning sickness. This unique prenatal vitamin also reduces morning sickness.

Preconception Multi for Women is a multivitamin that has been specially formulated to:

- Help support preconception health and prepare the body for pregnancy.
- Support female reproductive system health.
- Provide high quality nutrients to support a healthy conception, healthy pregnancy and healthy foetal development.
- Support healthy thyroid function prior to and during pregnancy.
- Support skin and immune system health as well as energy levels.
- Provide antioxidants such as CoQ10.
- Formulated with B vitamins in their active forms including Quatrefolic® (5-methyltetrahydrofolate, 5-MTHF), the active form of folate, rather than folic acid.
- Man-made folic acid, contained in supplements and added to foods is not biologically active and needs to be converted into the metabolically active (5-MTHF).

Preconception Multi for Men is a multivitamin that has been specifically formulated to:

- Support preconception and reproductive system health, a healthy conception and a healthy baby.
- Support semen health, sperm motility and production.
- Help support testosterone formation and levels.
- Support nervous system health and function.
- Supports general health and wellbeing, skin and immune system health, thyroid function and energy levels.
- Contains key nutrients for healthy sperm including the natural form of vitamin B12, hydroxocobalamin, CoQ10, lycopene, zinc, selenium, vitamins A, C and E and folate.
- Assists glucose and carbohydrate metabolism.
- Provides only active forms of vitamins B2, B6, B12 and folate and is free from copper.

Prenatal Trimester One with Ginger is a 2-in-1 prenatal vitamin that also reduces morning sickness. It is specifically formulated to:

- Support a healthy pregnancy and healthy foetal development.
- Provide vitamins and minerals which support normal, healthy foetal brain development.
- Contains 75mg of vitamin B6 and 1300mg of ginger in a daily dose, which have been shown in randomised controlled trials to reduce frequency and severity of nausea and vomiting in pregnancy.
- Does not contain iron as iron may aggravate the symptoms of morning sickness in some women.
- Provide vitamins and minerals which support maternal health and placenta growth.
- Contains high quality activated B vitamins, such as riboflavin-sodium-phosphate, the activated form of B2, 25mg of pyridoxal-5'-phosphate, the activated form of B6 and 500mcg of Quatrefolic® (5-MTHF) - a bioavailable, active form of folate.
- Copper free formulation! Copper levels rise naturally during pregnancy and supplementation may be unnecessary.

For best results take 2 capsules with food for at least 3-4 months prior to conception and continue with Prenatal Trimester One with Ginger once pregnant.

Sperm production takes 74 – 78 days. For best results, take 2 capsules daily with food for at least 3-4 months prior to conception.

For best results, take 1 capsule twice daily with food until nausea resolves (usually around week 14-16). Continue with Prenatal Trimester 2 & 3 Plus Breastfeeding.



PRENATAL Trimester 2 & 3 - Plus - Breastfeeding

There is an increased demand for iron in the second and third trimesters. This is the stage of pregnancy when women are more likely to tolerate iron supplementation.

Designed specifically for the increased demand of nutrients in the second half of pregnancy and breastfeeding.

- Australia's first prenatal multi with Quatrefolic®, the 4th generation folate and folic acid.
- Contains the active form of folate, 5-MTHF as Quatrefolic® for those women with certain genetic polymorphisms that affect methylation of folic acid.
- Helps support optimal nutritional and antioxidant status in both mother and baby to meet the increased nutritional demands during this time.
- 24mg of elemental iron as Ferrochel® in a daily dose, highly bioavailable iron bisglycinate that is less likely to cause constipation.
- Provides higher levels than Prenatal Trimester One with Ginger of key nutrients such as iodine, choline, zinc and vitamin D, B vitamins and antioxidants to support maternal health and foetal development.
- Copper free formulation! Copper levels rise naturally during pregnancy and supplementation may be unnecessary.
- Does not contain the fat soluble vitamins A and K. These vitamins are easily obtained from the diet and may be toxic in excess.

For best results, take two capsules daily with food until breastfeeding has ceased.



CALCIUM & MAGNESIUM Plus K2 & D3

73% of females and 51% of males over the age of 2 are deficient in calcium. A diet deficient in calcium can lead to osteoporosis later in life.

Calcium & Magnesium Plus K2 & D3 is a high potency calcium and magnesium powder that has been specially formulated to:

- Support a healthy pregnancy.
- Maintain healthy nervous system function and muscle contraction function.
- Reduce symptoms of premenstrual tension.
- Decrease muscle cramps.
- Help promote healthy bone development, bone mineralisation and strength and healthy teeth.
- Support calcium absorption in bones. A diet deficient in calcium can lead to osteoporosis in later life.
- Contains therapeutic levels of well-absorbed calcium and magnesium with Vitashine®, vegan-friendly vitamin D3 and natural vitamin K2 as VitaMK7® to assist calcium absorption.

This formula has been designed to dissolve well in water with pleasant-tasting Lipocal®, well-absorbed calcium phosphate and calcium citrate, magnesium citrate, Vitashine®, vegan-friendly vitamin D3 and natural vitamin K2 as VitaMK7®, derived from natto.

Designed for all life stages from kids over 2 years, teenagers, young adults, pregnancy, breastfeeding, menopause through to mature age adults.

Dissolve 1 teaspoon in water one to two times daily.



PREMIUM prenatal & preconception SUPPLEMENTS




NATUROBEST®

Clinically formulated by fertility naturopath Nikki Warren, a unique prenatal range that evolves according to her trimester.