NATUROBEST®

Vegan AUSTRALIA CERTIFIED

PRENATAL Trimester 2 & 3 **PLUS** Breastfeeding

NEW FORMULA

Clinically formulated by an experienced fertility naturopath.

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

AUST L 312185

60 CAPS - W/S - $30.29, RRP $49.99

BENEFITS SUPPORTED BY RESEARCH

- Australia's first prenatal multi with Quatrefolic®, the 4th generation folate and folinic acid.
- Contains the active form of folate, 5-MTHF for those women with certain genetic polymorphisms that affect methylation of folic acid.
- Contains 24mg of elemental iron as Ferrochel® in a daily dose, highly bioavailable iron bisglycinate.
- Provides B vitamins in their metabolically active forms to support healthy methylation, DNA and RNA synthesis and homocysteine metabolism.
- Does not contain the fat soluble vitamins A and K. These vitamins are easily obtained from the diet and may be toxic in excess. Vitamin K has poor placental transfer to the baby.
- Contains 60mg of CoQ10 in a daily dose. Coenzyme Q10 100 mg twice daily has been used beneficially during pregnancy without reported adverse effects for mother or baby, starting at 20 weeks gestation until term (Teran et al. 2009).
- Provides only activated vitamins B2, B6 and folate and the natural form of vitamin B12 found in food, hydroxocobalamin.
- Contains key nutrients such as 270mcg of iodine per daily dose, the RDI during breastfeeding.
- Copper-free formulation! Copper rises naturally during pregnancy and supplementation may be unnecessary.
- **Ultra-low excipient formula; only microcrystalline cellulose & ascorbyl palmitate.**

Each capsule contains (daily dose 2 capsules, Vcap)	
Natural betacarotene (Lyc-O-Beta®) equivalent betacarotene	5mg 1mg
Natural carotenoids (Lutemax®) equivalent lutein	20mg 1mg
Thiamine hydrochloride equivalent thiamine (vitamin B1)	12.71mg 10mg
Riboflavin-sodium-phosphate equivalent riboflavin (active vitamin B2)	13.16mg 10mg
Nicotinamide (vitamin B3)	20mg
Calcium pantothenate equivalent pantothenic acid (vitamin B5)	27.29mg 25mg
Pyridoxal-5-phosphate monohydrate equivalent pyridoxine (active vitamin B6)	19.59mg 12.5mcg
Levomefolic acid (Quatrefolic®) equivalent levomefolic acid, 5-MTHF, active folate	267mcg 150mcg
Calcium folinate equiv. folinic acid, vitamin B9 (activated folate) **TOTAL FOLATE PER CAPSULE**	108mcg 100mcg **250mcg**
Hydroxocobalamin (natural vitamin B12)	250mcg
Choline bitartrate	100mg
Inositol	25mg
Biotin	200mcg
Magnesium ascorbate monohydrate equivalent ascorbic acid (vitamin C) equivalent magnesium	47.65mg 42.50mg 2.93mg
Colecalciferol (Vitashine®) equivalent vitamin D3 (vegan)	12.50mcg 500iu
Chromium picolinate equivalent chromium	201.10mcg 25mcg
Potassium iodide equivalent iodine	176.60mcg 135mcg
Iron (II) glycinate (Ferrochel®) equivalent iron	43.83mg 12mg
Magnesium citrate equivalent magnesium **TOTAL MAGNESIUM PER CAPSULE**	304.85mg 47.10mg 50mg
Manganese amino acid chelate equivalent manganese	10mg 1mg
Molybdenum trioxide equivalent molybdenum	37.50mcg 25mcg
Selenomethionine equivalent selenium	62.10mcg 25mcg
Zinc citrate dihydrate equivalent zinc	37.38mg 12mg
Ubidecarenone (CoQ10)	30mg
Colloidal anhydrous silica equivalent silica	10mg 4.68mg

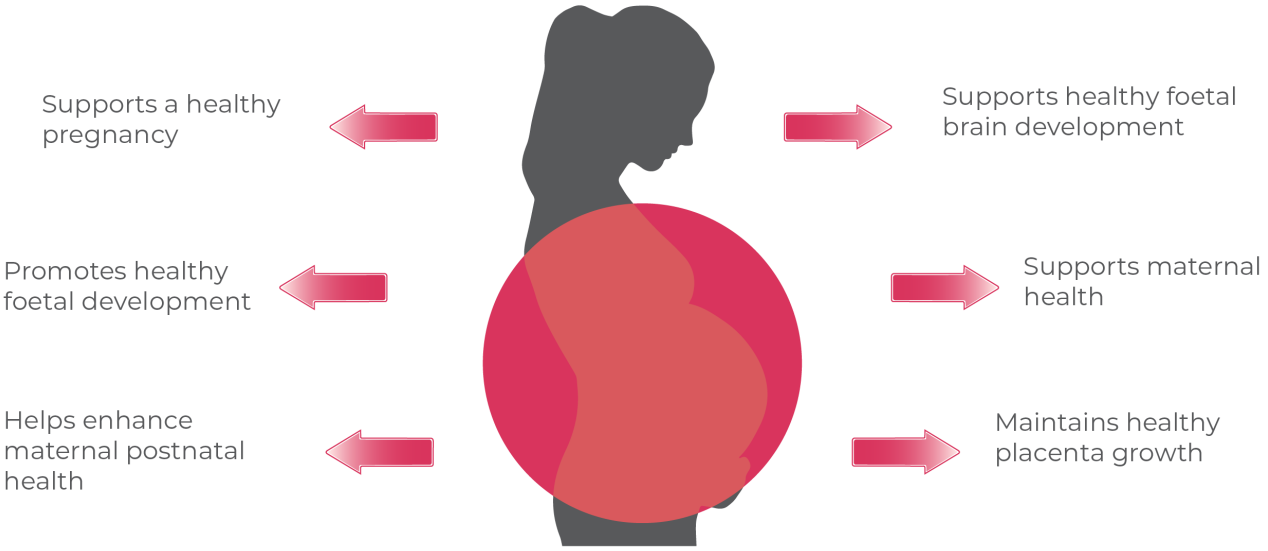
Directions: Take one capsule twice daily or as directed by your healthcare practitioner. For best results, take for 3-4 months prior to conception.

Warning: The nutrients in this supplement may interact with drugs, foods and other nutrients. This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded. Not for iron deficiency conditions. Vitamin supplements should not replace a balanced diet. Do not take while on warfarin therapy without medical advice.

www.naturobest.com

E: info@naturobest.com | @naturobestAUS | @naturobest

PRENATAL TRIMESTER 2 & 3 PLUS BREASTFEEDING



Lutemax 2020 is an award-winning, globally-recognised lutein and zeaxanthin, naturally-derived from marigold extract. It provides all three macular carotenoids - lutein and enhanced levels of both zeaxanthin isomers (RR-and RS [meso]-zeaxanthin) - at the same 5:1 ratio as found naturally in the diet. This unique combination of lutein with zeaxanthin isomers makes Lutemax 2020 a convenient, cost effective way to boost the benefits of your eye health.

Adequate intake of the macular carotenoids (lutein, RR-zeaxanthin and RS-zeaxanthin) are essential for healthy vision and cognitive development. Unfortunately, most people (adults and children alike) consume about one to two milligrams per day from vegetables and fruits rich in macular carotenoids, which is far below the recommended amount.

Ensuring adequate intake of macular carotenoids is especially important during pre and postnatal development and through early adulthood because they help to establish the foundation for healthy visual and cognitive function. Building a strong foundation has relevance later in life because of their potential to delay age-related conditions like macular degeneration and cognitive decline.

Mothers Milk

The importance of macular carotenoids for visual development and antioxidant protection in early life is further substantiated by the presence of lutein in the placenta and lutein and zeaxanthin in mother's milk.

Macular Carotenoids in Infant Brains

Of all the carotenoids accumulated and measured in the infant brain, lutein is the most abundant. Zeaxanthin is also present and more abundant than betacarotene and lycopene. It is important to note, the areas of concentration of these potent antioxidants are in areas of active learning and development. As such, these regions of the brain are susceptible to oxidative stress and damage.

Brain Development

A great portion of a child's brain development occurs by age 5, but other neural processes continue well beyond this age. Cognitive function continues to develop into adolescence and higher order executive functions into early adulthood.

MPOD and Brain Connection

There is growing scientific evidence to support that macular pigment optical density (MPOD) can be used as a relevant biomarker of lutein levels in the brain. Increasing MPOD is correlated to better cognitive function, suggesting the positive role of macular carotenoids in cognition. In children 4 to 13 years there is a positive correlation between MPOD and several aspects of cognitive performance. In young adults, increased MPOD was related to faster visual processing speed.

CONTAINS VITASHINE D3™

This product information sheet is intended for the education of practitioners only.

Prenatal Trimester 2 & 3 Plus Breastfeeding are made in Australia and are available for purchase online or at selected pharmacies and health food stores.

NRC Nutrition Pty Ltd, PO Box 1248, Coolum Beach, QLD 4573. Visit www.naturobest.com