



NATUROBEST®

creating a healthier world, one baby at a time



PRENATAL Trimester One - with Ginger -

Clinically formulated by an experienced fertility naturopath.

A high quality prenatal multi designed specifically for the first trimester and to reduce morning sickness.

BENEFITS SUPPORTED BY RESEARCH

- Australia's first prenatal multi with 75mg of vitamin B6 and 1300mg of ginger to reduce morning sickness.
- Provides B vitamins in their metabolically active forms to support healthy methylation, DNA and RNA synthesis and homocysteine metabolism.
- Copper-free formulation! Copper rises naturally during pregnancy and supplementation may be unnecessary.
- Does not contain iron. Iron supplementation in the first trimester may aggravate the symptoms of morning sickness.
- Does not contain high levels of iodine. The pregnancy hormone hcg naturally stimulates the thyroid during the first trimester and this may increase the severity of nausea and vomiting in early pregnancy.
- 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.
- **Ultra-low excipient formula; only ascorbyl palmitate and microcrystalline cellulose as excipients.**

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

120 CAPS - W/S - \$52.92, RRP \$87.30

Each capsule contains (daily dose 2 capsules, Vcap)			
Thiamine hydrochloride equivalent thiamine (vitamin B1)	3.18mg 2.5mg	Hydroxocobalamin (natural vitamin B12)	250mcg
Riboflavin-sodium-phosphate equivalent riboflavin (active vitamin B2)	3.29mg 2.5mg	Choline bitartrate	25mg
Nicotinamide (vitamin B3)	15mg	Inositol	25mg
Calcium pantothenate equivalent pantothenic acid (vitamin B5)	27.29mg 25mg	Biotin	200mcg
Pyridoxal-5-phosphate monohydrate equivalent pyridoxine (active vitamin B6)	19.59mg 12.5mg	Magnesium ascorbate monohydrate equiv. ascorbic acid (vitamin C) equivalent magnesium	56.04mg 50mg 3.47mg
Pyridoxine hydrochloride equivalent pyridoxine (vitamin B6)	30.39mg 25mg	Colecalciferol (Vitashine®) equivalent vitamin D3 (vegan)	6.25mcg 250iu
Levemefolate glucosamine (Quatrefolic®) equiv. levemefolic acid, 5-MTHF, active folate	445mcg 250mcg	Chromium picolinate equivalent chromium	201mcg 25mcg
		Potassium iodide equivalent iodine	98.10mcg 75mcg
		Magnesium citrate equivalent magnesium TOTAL ELEMENTAL MAGNESIUM	308.64mg 50mg 53.47mg
		Manganese amino acid chelate equivalent manganese	20mg 2mg
		Molybdenum trioxide equivalent molybdenum	37.50mcg 25mcg
		Selenomethionine equivalent selenium	62.10mcg 25mcg
		Zinc citrate dihydrate equivalent zinc	17.13mg 5.5mg
		<i>Zingiber officinale</i> (Ginger) rhizome extract equivalent dry	650mg
		Colloidal anhydrous silica equivalent silica	5mg 2.34mg

Directions: Take one capsule twice daily or as directed by your healthcare practitioner

Warning: 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. Contains pyridoxine; stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible. Vitamin supplements should not replace a balanced diet.

www.naturobest.com

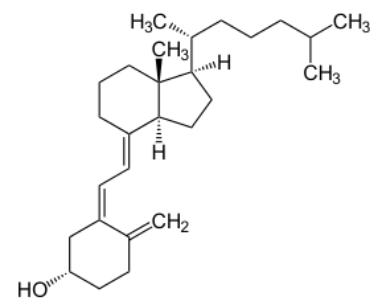
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PRENATAL TRIMESTER ONE - WITH GINGER: INDICATIONS



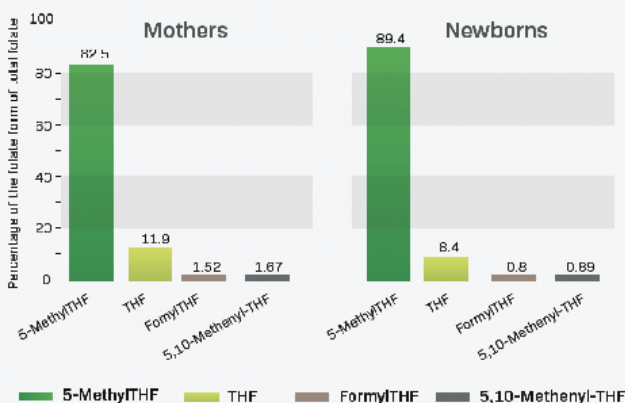
- Vitashine is the world's only Vegan Society & Vegetarian Society registered plant-source vitamin D3 ingredient.
- Vitashine is a plant-sourced vitamin D3, specifically a special oily extract of lichen. It is naturally rich in vitamin D3 (colecalfiferol) and fatty acids.
- Vitamin D3 is a fat-soluble vitamin essential for good health and has been associated with many health benefits.
- Vitamin D is absorbed from the diet or can be produced in the skin as vitamin D3 when exposed to sufficient sunlight. Everybody irrespective of age, gender or lifestyle needs vitamin D for good health.
- Deficiency in vitamin D can lead to rickets, problems with bone health and weakened immunity.
- Studies have shown over 50% of the general population are deficient in vitamin D, it can be even higher in specific demographic groups.

 **CONTAINS VITASHINE D3™**



Quatrefolic® MTHFR Facts

Relative percentage of the main folate forms and their percentage of total folate in maternal serum and umbilical cord serum from neonates



Dietary folate functions as a highly effective nutritional prophylaxis against congenital anomalies including, cleft lip and palate, and neural tube defects. One important difference among prenatal vitamins is the source of folate. It may be included as folic acid, or the bioavailable form, L-methylfolate like Quatrefolic®.

5-Methyltetrahydrofolate is the available folate form in human plasma and constitutes 95–98% of folate in serum or red blood cells (RBCs). In vivo, the body converts folic acid to L-methylfolate through a series of enzymatic processes. The final stage is done with the MTHFR enzyme. People with certain polymorphisms have inadequate MTHFR activity. Based on the high prevalence of these genetic polymorphisms and the importance of assuring that pregnant women get adequate folate, supplementation with Quatrefolic® (the active form of folate) may be the best option to avoid blood folate deficiencies and guarantee the right percentage amount of active folate.

Quatrefolic® is the 4th generation in folate supplementation. It is an excellent choice during pregnancy and breastfeeding because it provides naturally active folate to protect women and babies and maximise the benefit of folate intake.



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

Prenatal Trimester One with Ginger 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, Coolumb Beach, QLD 4573. Visit www.naturobest.com

