Doctor's Best Purely Prenatal is a vitamin-mineral dietary supplement especially formulated for expecting and nursing mothers. Pregnancy comes with physiologic changes: increase in plasma volume and red blood cells and decrease in concentrations of circulating nutrient-binding proteins and micronutrients. However, vitamins and minerals are essential for the development of the embryo, fetus, and neonate. Hence, normal fetal development requires maintenance of optimal maternal nutritional status throughout the pregnancy. Doctor's Best Purely Prenatal is a safe and optimal multivitamin-mineral supplementation that may support a healthy prenatal development. Doctor's Best Purely Prenatal also contains a blend of herbs made of ginger and peppermint. Both herbs have been used extensively in folk medicine for hundreds of years to help ease digestive system and in particular nausea and vomiting.

**BENEFITS**

- Doctor's Best Purely Prenatal helps support prenatal health*
- Doctor's Best Purely Prenatal helps support fetal health*
- Doctor's Best Purely Prenatal may help to ease digestive discomfort*
- Non-GMO, Soy Free, Gluten Free, Vegetarian

**EXTENDED BENEFITS**

Purely Prenatal helps support prenatal health*

Adequate micronutrient supplementation is a major component of prenatal care. Doctor's Best Purely Prenatal provides a complete range of vitamins and minerals that are key to maintain prenatal health for women of childbearing and their fetus. Since 1997, the Institute of Medicine's (IOM) Food and Nutrition Board has been publishing dietary reference intakes (DRIs) for healthy individuals throughout the life stages, included pregnancy. The American College of Obstetricians and Gynecologists (ACOG) has also come up with specific recommendations for nutrition during the perinatal period for certain vitamins like folic acid.

Purely Prenatal helps support fetal health*

Inadequate micronutrients can be problematic during pregnancy because of the need for increased intake to accommodate fetal growth and overall heath. Doctor's Best Purely Prenatal has unique components not found in other prenatal multivitamins supplements.

Folic acid (folate) is a water-soluble B vitamin that is critically important for fetal development as it is required for cell division during DNA and RNA synthesis. It also acts as a cofactor for several essential cellular reactions including metabolism of several amino acids, red cell production, enlargement of the uterus, and growth of the placenta and the fetus. Therefore, additional supply of folic acid before and during pregnancy is critical to support fetal growth health. In particular, pre-gestational supplementation of folic acid contributes to a healthy brain fetal development when taken at a dose of 800 mcg daily compared to 400 mcg daily.

Doctor's Best Purely Prenatal is a distinct multivitamin-mineral supplement that contains Calcium (Ca) and Iron (Fe). These minerals have been found to be very important in supporting healthy fetal growth during pregnancy.

Iron is a micronutrient essential for hemoglobin synthesis and several organ functions. Maternal iron inadequacy level during pregnancy has direct impact on neonatal Fe storages and birth weight and may contribute to cognitive and behavioral problems in childhood.

Calcium plays an important role in mediating muscle function, blood vessel dynamics, blood coagulation, nerve impulse transmission, secretion of hormones, cell membrane function, and skeletal development. Therefore, during pregnancy, a significantly increased demand for Ca is needed to support cardiovascular health for both the mother and the fetus and fetus growth health.

Vitamin D plays an important role in supporting a healthy immune function and it has a key role in cell differentiation, bone growth and calcium homeostasis.

* 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.
Purely Prenatal may help ease digestive discomfort* Many North American pregnant women experience some degree of nausea and vomiting, commonly in the first trimester of pregnancy. The use of natural herbal supplements is becoming a popular way to cope with nausea and vomiting using natural health products. Among the natural herbs used during pregnancy, ginger is safe and is often used among women of childbearing in many parts of the world. Peppermint has also shown some positive outcomes on digestive discomfort during pregnancy.

PHARMACOLOGICAL & CLINICAL STUDIES

A single-blind randomized clinical trial conducted in 104 pregnant young women (18-30 years of age) showed that multivitamin-mineral supplementation may affect positively maternal health and pregnancy outcomes better than multivitamin supplementation. The results showed that higher doses of folic acid (400 mcg versus 800 mcg) and other vitamins (for example vitamin B2, vitamin B6 and vitamin C) and the presence of calcium, iron and zinc led to an increase in birth weight and head circumference in infants whose mothers received multivitamin-mineral supplements for 5 months during pregnancy compared with infants whose mothers received multivitamin supplements.

A meta-analysis which included 5 clinical trials and 6,105 women on daily peri-conceptional folic acid supplementation at different dose (360 mcg to 4000 mcg) showed that folic acid supplementation may have a positive effect on fetal growth and development.

Results from the mother-child cohort study in Greece (the Rhea study) showed that supplementation with high doses of folic acid (up to 5 mg/day) in early-to-mid pregnancy may be protective for preterm birth and low birth weight.

A randomized controlled trial conducted on 430 enrolled pregnant women found that supplementing the diet with 20 mg of iron daily during pregnancy until delivery is safe, well tolerated and helps to maintain a healthy level of iron for both mother and child.

A randomized controlled trial conducted among 867 pregnant women in North Carolina, investigated the effects of iron given in prenatal supplements on birth outcomes and iron status. The results showed the positive effect of iron supplementation on birth weight in the 30-mg group compared to the control group. Iron supplementation also helped to maintain adequate iron level during pregnancy.

A systematic review and meta-analysis on prenatal iron use and pregnancy outcomes that included 48 randomized trials (17,793 women) and 44 cohort studies (1,851,682 women) drew the conclusions that iron supplementation substantially improved birth weight hence positive outcomes on maternal health and fetal growth.

In a small randomized, placebo-controlled trial, supplementation of vitamin D during pregnancy and its correlation with feto-maternal outcome was studied. Results from this study showed that vitamin D supplementation during pregnancy may support maternal cardiovascular health and lead to beneficial effect on the neonates.

The result from a large population-based cohort study among 68,522 women (among which 1,020 women reported using ginger during pregnancy) showed that ginger use was safe and had some benefit effect on digestive health and in particular on nausea.

In a clinical trial conducted in 67 pregnant women, participants were randomly put in groups: placebo group and experimental group. The results showed that ginger was an effective mean to deal with nausea. Same results were found in a prospective comparative study: ginger is safe and effective in dealing with digestive discomfort.

A meta-analysis identified 6 randomized placebo-controlled trials that studied the effects of ginger for nausea and vomiting in early pregnancy. The results from this meta-analysis showed that 256 subjects who randomly received ginger (about 1 g daily) for at least 4 days experienced improvement in nausea and vomiting compared to the other 252 subjects who received placebo. This meta-analysis suggested that ginger is an effective non-pharmacological supplement for nausea and vomiting in early pregnancy.
SCIENTIFIC REFERENCES


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