

# Scientific Prenatal Nutrition!



## Mother's Choice™ Prenatal

**Y**ou're expecting a baby—and right now nothing could be more important than ensuring the health of your developing child. At this crucial time, what could be more basic than providing the nutrients that are the very substance of the new life you're carrying? At every critical stage of pregnancy, your baby's cells and tissues are literally formed from the nutrients you take in.

Source Naturals is deeply committed to giving your newborn every chance for optimal health. That's why we developed MOTHER'S CHOICE Prenatal Multiple. MOTHER'S CHOICE combines a comprehensive vitamin-mineral blend with advanced nutrients that reflect the latest scientific research. And each bottle comes with a separate package of Arctic Pure™ DHA softgels. DHA is a fatty acid that is crucial for baby's brain development from the earliest stages of pregnancy through the breastfeeding years.

MOTHER'S CHOICE also supports *your* health and vitality, with a blend of traditional herbs used for centuries to relieve morning sickness and leg edema.



MOTHER'S CHOICE: because nothing is too good for you and your baby.



Strategies for Wellness<sup>SM</sup>

## Go the Source for Scientifically Based Formulation

MOTHER'S CHOICE PRENATAL MULTIPLE was expertly formulated to supply a full range of essential vitamins and minerals, in potencies effective for maternal health and fetal development, while safe for the fetus.

### Healthy Fetal Development

MOTHER'S CHOICE contains ingredients that reflect the latest findings in fetal nutrition.

- **Choline:** The National Academy of Sciences recommends that pregnant and nursing women increase choline intake to support fetal brain development (450 mg daily during pregnancy and 550 mg while nursing). MOTHER'S CHOICE is the one of the few prenatal multiples to supply 450 mg.
- **Folic Acid:** Folic acid, along with **vitamin B-12**, is required for DNA synthesis and helps prevent neural tube defects. The U.S. Public Health Service recommends that women of childbearing age consume 400 mcg of folic acid daily. During pregnancy, the need increases to 800 mcg, the amount in MOTHER'S CHOICE. B-12 is supplied as methylcobalamin and adenosylcobalamin, the active coenzyme forms found in breast milk.
- **Docosahexaenoic Acid (DHA):** MOTHER'S CHOICE is one of the few prenatal formulas to include this omega-3 fatty acid. Source Naturals sells its MOTHER'S CHOICE formula with ArcticPure DHA from premium fish oil concentrate in separately pack-

aged softgels. Patented ArcticPure DHA has no fishy taste. Pregnant mothers transfer DHA to the fetus to support brain and retinal development, while DHA is supplied to the newborn via breast milk.

- **Iron:** Iron is a critical component of oxygen-carrying hemoglobin. During the second and third trimesters, women need increased iron to supply the growing fetus and placenta.

### Enjoy Your Special Time!

Pregnancy should be one of the high points of your life, but typical discomforts can get in the way. MOTHER'S CHOICE features herbs traditionally used during pregnancy.

*Morning Sickness:* **Ginger root** and **peppermint leaf** are traditional remedies for the nausea associated with morning sickness, and **chamomile** has soothing properties.

*Leg Comfort:* **Vitamin E** has been shown to relieve nocturnal leg cramps, while **bilberry** supports healthy capillaries and veins.

### Take Charge of Your Pregnancy

Source Naturals understands your deep desire to safeguard your baby's health and development. With MOTHER'S CHOICE you have the resources to act on that concern. MOTHER'S CHOICE: for a vibrant pregnancy and a good start on life for your newborn.

**CAUTION:** Pregnant or breastfeeding women should consult a health care professional before using this or any dietary supplement.



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The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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