

CLINICAL PROTOCOLS

PREGNANCY SUPPORT

A Suggested Nutritional Protocol for Pregnancy Support

PreNatal Nutrients (Pure Encapsulations)

A hypo-allergenic, highly bio-available multi-vitamin and multi-mineral formula. It provides the core nutrients needed to help support maternal and fetal health. PreNatal Nutrients provides 1 mg of folic acid for healthy neural and cellular development of the fetal brain and spinal cord.

Suggested usage: *Two capsules daily, in divided doses, with meals.*

OPTION- ADDITIONAL IRON

FERRO C

Low iron levels in the blood is the most common and most prevalent mineral deficiency. Iron deficiency can be a very difficult diagnosis, since the symptoms such as lethargy, tiredness and dizziness, are nonspecific and can be found in a variety of ailments.

However, people who are most at risk, including menstruating and pregnant women, athletes, and vegetarians may have difficulty getting adequate iron supplies from their food sources alone.

Suggested usage: *As directed by your health professional.*

OR

Liquid Iron (Pure Encapsulations)

A liquid Iron for easy dosing. Complimented with blueberry and cranberry extracts for additional antioxidant support.

Suggested usage: *As directed by your health professional.*

Opti- DHA™ (enteric-coated)

DHA is of primary importance for the structural integrity of neuronal membranes. As most abundant fatty acid in the brain, adequate amounts of DHA are needed throughout infancy and adulthood for ongoing optimal function.

Suggested usage: *Two enteric-coated softgel capsules daily, with meals.*

OR

Neuromins™ (Pure Encapsulations)

Algae-source DHA for healthy mental and visual development.

Suggested usage: *One softgel daily, with a meal.*

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OR

DHA Liquid (Pure Encapsulations)

Algae-source DHA for healthy mental and visual development

Suggested usage: *200 mg daily is especially recommended for pregnant and lactating women.*

Opti-EPA™

A very high potency marine lipid concentrate providing high amounts of omega-3 EPA and DHA fatty acids per softgel compared to other fatty acid supplements.

Suggested usage: *One to three soft gels daily.*

COMPLETE PREGNANCY SUPPORT

Prenatal/Pregnancy Kit

Nutritional support for women who are pregnant, lactating or planning a pregnancy. This kit provides broad spectrum vitamin-mineral, EFA and calcium-magnesium support.

Each kit includes *PreNatal Nutrients 120 capsules (Pure Encapsulations), Cal 6 + Mg™ 90 tablets, Opti-DHA™ Enteric Coated 60 softgels, Opti-EPA™ Enteric Coated 60 softgels.*

This kit provides a 2 month supply (with additional calcium).

Infaskin (for Pregnant or Nursing Mothers)

InfaSkin Probiotic™ is a clinically studied multispecies probiotic known as Ecologic® PANDA designed specifically for the well-being of mothers and their babies.

Suggested usage: *Pregnant Women (starting at 34 weeks) Dissolve the contents of one (1) sachet in water, juice, or milk. Take once per day, preferably between meals.*

Infant Dose *Dissolve contents of one (1) sachet in breast milk or formula through age 12 months. Children 12-24 months may continue with one (1) sachet dissolved in water, juice, or milk.*

