

Prenatal Health - For You and Your Baby

Getting off to a good start is vital to a healthy pregnancy, both for you and for your baby. When you think about how a tiny cluster of cells becomes a new human life, the importance of prenatal health is obvious. The most important elements of a healthy pregnancy include:

- **Prenatal Care from a Health Care Provider**
- **Proper Prenatal Nutrition**
- **Exercise**

Professional Prenatal Health Care

An abundance of medical research documents the fact that pregnant women who receive prenatal care from a professional practitioner are more likely to deliver a healthy baby and have fewer complications during labor. At your initial visit, your doctor will administer tests to determine the best practice for managing your pregnancy. In addition, he or she will advise you of nutritional requirements including prenatal vitamins in addition to the various "no-nos" which include lunch meats or soft unpasteurized cheeses such as bleu cheese, and certain kinds of fish.

Nutrition

The organ formation and tissue differentiation that take place in the first trimester requires good nutrition for proper development and sets the stage for the next two trimesters. During the following six months this work continues, building on the healthy development already established, and finally completing the process. How you treat your body, and especially your nutritional habits are key to the healthy growth of your baby during pregnancy.

It is most advisable to begin prenatal vitamin supplements at least 3-6 months prior to conception, continuing through delivery and while breastfeeding. Also, many herbal and botanical supplements are not safe for pregnancy or lactating women. Always consult with your health care provider first in planning for a healthy pregnancy and to discuss nutrition and dietary supplementation.

Exercise

Exercise is appropriate and recommended for pregnant women. In fact, the American Journal of Public Health found exercise is safe during pregnancy, and those women who exercised often were more likely to carry their babies full term than women who exercised less frequently or not at all. Walking, swimming, riding a stationary bicycle or taking prenatal fitness classes are all excellent choices. Avoid any sports where you can fall, those that are too intense, cause you to overheat, or involve sit ups, toe touches, or deep knee bends. Again, consult your health care provider in determining the best exercise regimen for you and your baby.

To help your body provide your baby with needed nutrients and vitamins, it is essential to take a prenatal multivitamin. All of our prenatal formulas contain ingredients crucial in supporting healthy baby development. Additionally, all of our brand prenatals are tested several times throughout formulation insuring purity and potency. Our formulas include:

Prenatal Multi :

Specifically created to address the needs of women before and during pregnancy as well as women who are nursing
Contains extra calcium, folic acid, and iron, ingredients necessary in supporting a healthy pregnancy

Prenatal Complete® :

High potency, food based formula providing complete nutrition before, during and after pregnancy
Contains ginger to help ease the discomfort of nausea
Compare to Rainbow Light® Prenatal

All of our prenatal formulas contain adequate levels of the following vitamins and minerals necessary in supporting a healthy pregnancy. These include:

Folic Acid

An essential B vitamin promoting healthy development, especially crucial in the first three months of fetal growth. Inadequate levels of folic acid have been linked to neural tube defects such as spina bifida and anencephaly, both conditions where the neural plate has failed to fuse. Low maternal levels of folic acid have also been linked to birth defects such as cleft palate, cleft lip, cardiovascular disorder and poor neurological development in infants.

Iron

Pregnancy and lactation increase the demands on a woman's body for iron. Anemia is common in those women who don't obtain sufficient quantities of iron during this time.

Calcium

During the last two trimesters of pregnancy and breastfeeding, your body absorbs more calcium from food than when you are not pregnant. Your baby needs this additional calcium to build healthy teeth and bones.

This information is for educational purposes only and should not be construed as medical advice. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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