



Mother/Child

BabyCare Prenatal Mega Antioxidant

A comprehensive vitamin supplement for pregnant women and their developing babies



ITEM #103

USANA's **BabyCare Prenatal Mega Antioxidant** supplies a carefully formulated range of pure, high-quality vitamins at safe levels that help support your healthy pregnancy and a healthy baby.*

THE BENEFITS OF BABYCARE PRENATAL MEGA ANTIOXIDANT

When it comes to optimal health, it is often necessary to consume amounts of nutrients that are higher than the RDA (Recommended Daily Allowance), which are generally considered the minimal recommendations for avoiding deficiency. When you're pregnant, your nutritional needs are increased, but many prenatal vitamins provide only the minimal RDA amounts for pregnant women.

BabyCare Prenatal Mega Antioxidant provides essential vitamins, including folic acid and vitamin A (as beta carotene), to help support the healthy growth and development of your baby—before, during, and after pregnancy. Plus, it will provide added nutrition to help you maintain your energy level, and support your immune system. Additionally, it will help your body recover after giving birth.*

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect. Because it is needed for closure of the neural tube in the very first weeks of pregnancy, any woman of childbearing years should take folic acid. When taken as directed, **BabyCare Prenatal Mega Antioxidant** is an excellent source of 1,000 µg of folic acid, which is more bioavailable than the folate you'll find in food.

The B vitamins, which include thiamin, riboflavin, niacin, folic acid, vitamin B6, vitamin B12, biotin, and pantothenic acid, are important to support energy metabolism and healthy organ development. Vitamins B6 and B12 also support red blood cell formation, which is critical because a woman's blood volume increases by nearly 50 percent during pregnancy. **BabyCare Prenatal Mega Antioxidant** provides 32 mg of B6 and 200 µg of B12 in each daily dose.

THE SCIENCE OF BABYCARE PRENATAL MEGA ANTIOXIDANT

The rapidly dividing cells of the developing fetus require biotin to aid in regulating healthy cellular responses. **BabyCare Prenatal Mega Antioxidant** is an excellent source of biotin.

Vitamin A is important during fetal development and supports formation of the circulatory system, heart, eyes, ears, and limbs. **BabyCare Prenatal Mega Antioxidant** is a good source of vitamin A. It contains 15,000 IU of beta carotene per day, which is equivalent to the level contained in one carrot. The beta carotene form of vitamin A is a safe, non-retinoid form of this essential nutrient that poses no toxicity risk.

Another important antioxidant, vitamin C is essential for helping the body make collagen, which is a building block for cartilage, tendons, bones, and skin. It also supports iron absorption.*

Aside from helping to develop strong bones and teeth by aiding calcium absorption, recent studies have shown a positive correlation between maternal vitamin D status and healthy neonatal outcomes, including healthy birth weight. **BabyCare Prenatal Mega Antioxidant** is rich in vitamin D.* Depending on your diet and the amount of sunlight you get regularly, you may want to also add USANA's **Vitamin D** supplement to your nutritional regimen (see page 29).

THE USANA DIFFERENCE

As with all USANA nutritionals, **BabyCare Prenatal Mega Antioxidant** is made following the same manufacturing processes as are used for pharmaceutical products, using only safe, pure ingredients and tested for guaranteed potency. Plus, additional vitamins, such as vitamin K and choline, make **BabyCare Prenatal Mega Antioxidant** a well-balanced supplement for supporting the health of your future family.*

DIRECTIONS: TAKE TWO (2) TABLETS TWICE DAILY, WITH FOOD.

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING	%DV*
VITAMIN A (AS BETA CAROTENE)	7,500 IU 90%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM & ZINC ASCORBATES)	650 mg 1080%
VITAMIN D3 (AS CHOLECALCIFEROL)	900 IU 225%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU 670%
VITAMIN B1 (AS THIAMIN HCL)	13.5 mg 790%
VITAMIN B2 (AS RIBOFLAVIN)	13.5 mg 675%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg 100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg 640%
FOLATE (AS FOLIC ACID)	500 µg 60%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg 1250%
BIOTIN	150 µg 50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg 450%

*%DV FOR PREGNANT WOMEN.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, INOSITOL, PREGELATINIZED STARCH, RUTIN, MIXED TOCOPHEROLS, CROSCARMELOSE SODIUM, CHOLINE BITARTRATE, N-ACETYL L-CYSTEINE, HESPERIDIN, ASCORBYL PALMITATE, DEXTRIN, OLIVOL® OLEA EUROPAEA (OLIVE FRUIT) EXTRACT**, QUERCETIN, ALPHA-LIPOIC ACID, SILICON DIOXIDE, CAMELLIA SINENSIS (GREEN TEA) EXTRACT, CURCUMA LONGA (TURMERIC) EXTRACT, LUTEIN, COENZYME Q10, PUNICA GRANATUM (POMEGRANATE) EXTRACT, LYCOPENE, VITAMIN K, DEXTROSE, SOY LECITHIN, CINNAMOMUM CASSIA (CINNAMON) EXTRACT, SODIUM CARBOXYMETHYLCELLULOSE, VACCINIUM MYRTILLUS L. (BILBERRY) EXTRACT, SODIUM CITRATE.

**PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

CONTAINS SOY.

PRECAUTIONS/WARNINGS: FOLIC ACID IS IMPROPER THERAPY IN THE TREATMENT OF PERNICIOUS ANEMIA AND OTHER MEGALOBLASTIC ANEMIAS WHERE VITAMIN B12 IS DEFICIENT. FOLIC ACID ABOVE 1 mg DAILY MAY OBSCURE PERNICIOUS ANEMIA IN THAT HEMATOLOGIC REMISSION CAN OCCUR WHILE NEUROLOGICAL MANIFESTATIONS PROGRESS.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

STORAGE: STORE BELOW 25° C

References

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*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.