



PreFoundation™

Prenatal Multiple Vitamin & Mineral Formula

- Provides highly bioavailable forms and clinical doses of vitamins and minerals critical for optimal prenatal health
- Contains vitamins D3, K2 (menaquinone-7), and folate as L-5-MTHF – key prenatal vitamins in forms shown to be superior to those typically used in prenatal formulas
- Supplies citrate forms of key minerals, including magnesium, calcium, zinc, and copper, as well as 5'-phosphate forms of riboflavin and vitamin B6, and iron bisglycinate
- Suitable for vegetarians

Code: 9475 **NPN:** 80067595
Size: 90 Vegetarian Capsules
Actual Size: 22.36 mm x 8.30 mm



PRODUCT SUMMARY

No reference numbers on the Canadian document.

PreFoundation provides a comprehensive prenatal multivitamin/mineral, with optimal dosing and bioavailable forms of each nutrient. Vitamin D3 has been shown to restore vitamin D levels more effectively than vitamin D2, with higher maternal levels of vitamin D linked to lower risk of ADHD, and supplementation linked to lower risk of childhood wheezing and greater birth weight/length. PreFoundation also provides L-5-MTHF, the bioactive form of folate, which bypasses the often impaired enzymatic step needed for folic acid activation. As a result, pregnant women supplementing with L-5-MTHF have been shown to have higher red blood cell folate levels than when supplementing with folic acid. Greater executive function in children whose mothers supplemented with 5-MTHF during pregnancy has also been observed.

Potassium iodide provides an essential source of iodine, often deficient in women, but linked to cognitive development in children. Vitamin K2, as menaquinone-7, is known to have a longer half-life than other forms of vitamin K, and has been associated with greater osteocalcin carboxylation in children, key to optimal bone health. PreFoundation also provides highly bioavailable forms of other vitamins and minerals critical to prenatal health. This includes the bioavailable citrate forms of calcium, magnesium, zinc, and copper, as well as the bisglycinate form of iron, shown to be as effective during pregnancy as twice the dose of iron typically used. PreFoundation also provides superior forms of B vitamins, including vitamin B12 as methylcobalamin, and the 5'-phosphate forms of riboflavin and vitamin B6.



PREFOUNDATION™
PRENATAL MULTIPLE VITAMIN & MINERAL FORMULA

Serving Size: 1 Vegetarian Capsule

Servings Per Container: 90

Each Vegetarian Capsule Contains:

Beta-Carotene.....	831.67 IU (499 mcg)
Vitamin B1 (Thiamine Hydrochloride).....	1.6 mg
Vitamin B2 (Riboflavin-5'-Phosphate Sodium)	1.6 mg
Vitamin B3 (Niacinamide)	10 mg
Vitamin B5 (Pantothenic Acid / Calcium <i>d</i> -Pantothenate).....	6.1 mg
Vitamin B6 (Pyridoxal 5'-Phosphate)	5 mg
Biotin.....	16.6 mcg
Folate (L-5-Methyltetrahydrofolate, Calcium Salt).....	333.33 mcg
Vitamin B12 (Methylcobalamin)	333.33 mcg
Choline (Dihydrogen Citrate)	25 mg
Vitamin C (Ascorbic Acid).....	50 mg
Vitamin D3 (Cholecalciferol)	333 IU (8.325 mcg)
Vitamin E (<i>d</i> -alpha Tocopheryl Acid Succinate).....	16.6 IU (11.12 mg AT)
Vitamin K2 (Menaquinone) (MK-7) (Natto Bean)	20 mcg
Calcium (Malate, Citrate).....	66.6 mg
Chromium (Citrate).....	33.3 mcg
Copper (Citrate)	600 mcg
Iodine (Potassium Iodide).....	50 mcg
Iron (Bisglycinate).....	15 mg
Magnesium (Citrate).....	33.3 mg
Manganese (Citrate).....	1.6 mg
Molybdenum (Citrate).....	16.6 mcg
Selenium (Selenomethionine)	16.6 mcg
Zinc (Citrate)	8.3 mg

Non-medicinal Ingredients: Vegetarian capsule (carbohydrate gum [cellulose], purified water), vegetable grade magnesium stearate (lubricant), silica, microcrystalline cellulose.

Recommended Adult Dose: 1 capsule 3 times per day with food or as directed by a health care practitioner. Take a few hours before or after taking other medications or natural health products, or as directed by a health care practitioner.

Recommended Use: Helps support normal early fetal development, normal early development of the fetal brain spinal cord, and helps reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps in the process of normal regulation of cell division and specialization. Helps in connective tissue formation, wound healing, and collagen formation to maintain healthy bones, cartilage, teeth and gums. Helps maintain cognitive, immune and liver function, energy metabolism, eyesight and night vision, healthy hair, nails, mucous membranes, and skin. Helps in tissue formation and normal cell division. Helps form red blood cells and reduce tiredness and fatigue caused by iron deficiency anemia. Provides support for healthy glucose metabolism and normal blood glucose levels. A source of vitamins and minerals, an electrolyte, and a factor for normal growth and development, this formula supports biological functions which play a key role in the maintenance of good health.

Caution: Keep out of reach of children. There is enough iron in this package to seriously harm a child. Consult a health care practitioner prior to use if you are taking blood thinners. Some people may experience constipation, diarrhea, and/or vomiting. Hypersensitivity has been known to occur, in which case discontinue use.

Drug Interactions: When taken with a thiazide medication (diuretic), vitamin D may increase the risk for hypercalcemia.

Contains no artificial colours, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, yeast, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken.
For freshness, store in a cool, dry place.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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Bioclinic Naturals® Canada
Burnaby, BC V3N 4T6
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