

Dr. Fuhrman®

PRODUCT FACTS

GENTLE PRENATAL

It is appropriate for pregnant women to supplement with a conservative dose of iron.

MULTIVITAMIN AND MINERAL SUPPLEMENT WITH IRON AND VITAMIN D3 AND CHOLINE

Eating more health-promoting, plant-derived food, and less animal-derived food (especially processed and red meat) is linked to longevity.¹⁻³ However, reducing animal foods also reduces our exposure to some beneficial nutrients, including zinc, vitamin B12, and iodine. Smart supplementation can fill these gaps, and help us achieve nutrient sufficiency, without needing to add animal products.

Gentle Prenatal contains the same carefully designed combination of vitamins and minerals present in Dr. Fuhrman's Women's Daily Formula +D3, but is uniquely tailored to the needs of women who are pregnant or planning to become pregnant. Dr. Fuhrman knows it is imperative that young women protect their health, and the health of their children, by avoiding conventional supplements which have potentially harmful ingredients that could negatively affect them.

There is evidence that too much synthetic folic acid, which is more bioavailable than natural folate, has cancer-promoting effects.^{4,7} High doses of supplemental beta-carotene, vitamin A, and vitamin E have been linked to an increased risk of death in several studies.^{8,9} There is also evidence that supplemental vitamin A contributes to osteoporotic fractures.¹⁰ Importantly, folate, vitamin E, and beta-carotene (a precursor to vitamin A) are all easy to obtain from vegetables, fruits, nuts, and seeds. Anyone following a healthful diet does not need to supplement with these nutrients.



Organic fruit and vegetable blend

A blend of whole foods, such as green vegetables and berries, provides an extra boost of phytochemicals in their natural, whole food state. Dr. Fuhrman's new whole food blend now includes only organic vegetables and fruits, including broccoli sprouts, goji berry extract, kale, carrot, beet, blueberry and raspberry.

What makes Gentle Prenatal unique?

Contains 18 mg ferronyl iron

Women's iron needs increase during pregnancy because of increased blood volume, and the iron needs of the developing baby – adequate iron stores are essential for brain development and may also be important for mother-child bonding.¹¹⁻¹⁴ However, excess iron is also a problem.¹⁵ It is appropriate for pregnant women to supplement with a conservative dose of iron.

GENTLE PRENATAL

Product Features

- Designed for women who are pregnant or planning to be pregnant
- 100% vegan
- 18 mg of Ferronyl® iron – designed to be gentle on the digestive system
- 25 mcg (1000 IU) vegan vitamin D3
- Contains choline, a nutrient involved in fetal brain development
- Premium quality ingredients
- Organic whole food extracts, including broccoli, kale, blueberry, and beets
- Free of potentially harmful ingredients
- Non-GMO
- Does not contain gluten, dairy, or soy
- Capsules can be opened to add contents to food or drink

"GENTLE PRENATAL USES FERRONYL® IRON, WHICH IS A HIGHLY BIOAVAILABLE FORM AND GENTLE ON THE DIGESTIVE SYSTEM."

Gentle Prenatal uses Ferronyl® iron, which is a highly bioavailable form and gentle on the digestive system.¹⁶⁻¹⁸ The daily dose of 18 mg iron is split between two capsules to avoid the nausea and constipation commonly associated with iron supplements. For specific recommendations on iron supplementation based on your blood ferritin level, complete [Dr. Fuhrman's Personalized Vitamin Advisor](#) assessment.

Contains 25 mcg (1000 IU) Vitamin D

Gentle Prenatal contains more vitamin D than most prenatal formulas, to help pregnant women achieve optimal vitamin D levels while minimizing the number of supplements they take each day. Vitamin D is an important supplement for pregnant women. During the third trimester, calcium demands increase, and vitamin D is essential for calcium absorption and fetal bone growth. Many prenatal vitamins contain only 15 mcg (600 IU) vitamin D. Vitamin D insufficiency in pregnant and nursing women is linked to increased occurrences of preeclampsia and gestational diabetes, poor growth during infancy, and childhood autoimmune disease and asthma.^{19,20}

Vitamin D needs are individual. For many people, 50 mcg (2000 IU) vitamin D is an appropriate daily dose, but some may require more or less. Dr. Fuhrman recommends aiming for 30-45 ng/ml on a 25(OH)D blood test. Gentle Prenatal provides 25 mcg (1000 IU) vitamin D.

Contains choline

Choline has emerged as a crucial nutrient for pregnant women, since choline acts as a building block of the baby's developing brain, and most Americans do not meet choline intake recommendations.^{21,22} However, most prenatal multivitamins have not yet acted on this research to include choline.

Get folate from vegetables, not folic acid from supplements

Gentle Prenatal does not contain folic acid, a synthetic substitute for natural folate. Folic acid is a potentially dangerous supplement that is typically recommended to pregnant women despite the negative effects associated with it. Folate deficiency is dangerous, especially during early pregnancy because of the risk of neural tube defects. However, it is safer to get folate from food than to get synthetic folic acid – which is different from food folate – from supplements. Because folic acid is more bioavailable, supplementation (along with fortified refined grain products) could lead to excessive amounts of folic acid in the body. There is evidence that excess folic acid has cancer-promoting effects.⁷ Also, some but not all studies have reported folic acid supplementation during pregnancy was associated with a greater risk of asthma in children.²³

On the other hand, diets high in vegetables during pregnancy have been linked to better health outcomes, including a lower risk of preeclampsia, preterm birth, and allergies in children.²⁴⁻²⁶



The children of women who consumed more folate from food (more green vegetables) during pregnancy were less likely to develop ADHD.

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GENTLE PRENATAL Supplement Facts

Supplement Facts			
Serving Size: 2 Capsules			
Servings Per Container: 60			
	Amount Per Serving	%DV for Adults & Child 24 years	%DV for Pregnant & Lactating women
Vitamin C (as calcium ascorbate and from acerola fruit extract)	100 mg	111%	83%
Vitamin D [as (D3) vegan cholecalciferol (Vitamin [®])]	25 mcg (1000IU)	125%	167%
Thiamin (as thiamin HCl)	0.75 mg	63%	54%
Riboflavin (as riboflavin)	0.425 mg	33%	27%
Vitamin B12 (as methylcobalamin)	75 mcg	3,125%	2,679%
Biotin	15 mcg	50%	43%
Pantothenic acid (as D-calcium pantothenate)	5 mg	100%	71%
Calcium (from mineralized seaweed (Lithothamnium sp.) (whole plant) (Aquamin [™] TQ) and calcium ascorbate)	100 mg	8%	8%
Iron as (Ferronyl [™] carbonyl iron)	18 mg	100%	67%
Iodine (from kelp)	150 mcg	100%	52%
Magnesium (as magnesium oxide, magnesium aspartate, magnesium amino acid chelate)	100 mg	24%	25%
Zinc (as zinc bisglycinate chelate and zinc picolinate)	10 mg	93%	77%
Chromium (as chromium amino acid chelate)	17.5 mcg	50%	39%
Sunflower (lecithin (soy-free) (lecithidin 30 mg phosphatidylcholine)	200 mg	-	-
Taurine	50 mg	-	-
Vitamin K2 (as natural menaquinone-7 (MK7Vital [®]))	30 mcg	-	-
Vanadium (as vanadium amino acid chelate)	10 mcg	-	-
Fruit, Veggie and Greens Blend:	205 mg	-	-
<small>Organic broccoli sprout, organic acai fruit extract (Euterpe oleracea), organic lycium (goji) berry extract, organic cranberry, organic apple, organic kale, organic broccoli, organic spinach, organic carrot, organic parsley, organic beet, organic green cabbage, organic blueberry, organic raspberry, organic strawberry, organic tomato</small>			

*Daily Value (DV) not established.

Other Ingredients: hypromellose, vegetable magnesium stearate, silica, and microcrystalline cellulose.

Suggested Use:

Suggested Use: Two capsules daily (best when taken with meals). Capsules can be opened and contents mixed with food or drink.

**These supplements have not been evaluated by the Food and Drug Administration.

Products listed are not intended to diagnose, treat, cure or prevent disease.

Gentle Prenatal is vegan and does not contain dairy, soy, wheat or GMOs.

For more detailed information about this supplement, visit <http://www.drfuhrman.com/shop/product/55>