

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

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.

What makes it 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.¹⁻⁴ However, excess iron is also problematic.⁵ It is appropriate for pregnant women to supplement with a conservative dose of iron. Gentle Prenatal uses Ferronyl® iron, which is a highly bioavailable form and gentle on the digestive system.⁶⁻⁸ The daily dose of 18 mg iron is split between two capsules to avoid the nausea and constipation commonly associated with iron supplements.

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. The amount of vitamin D currently contained in most prenatal vitamins (10 mcg [400 IU]) is inadequate – vitamin D deficiency is common, affecting up to 50% of pregnant women and breastfed infants. Vitamin D insufficiency in pregnant and nursing women puts them at risk of preeclampsia and their children at risk of impaired growth during infancy and increases the risk of autoimmune diseases during childhood.⁹

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.^{10, 11} However, most prenatal multivitamins have not yet acted on this research to include choline.

GENTLE PRENATAL

Product Features

- 100% Vegan
- 18 mg of Ferronyl® iron – designed to be gentle on the digestive system
- 25 mcg (1000 IU) vegan vitamin D3 – compared to 10 mcg (400 IU) in other prenatal formulas
- Contains choline, a nutrient involved in fetal brain development
- Premium quality ingredients
- Chelated minerals for maximum absorption
- Void of potentially harmful and toxic ingredients
- Non-GMO and no gluten-containing ingredients

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



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

Folic acid supplementation during pregnancy can harm your child

Gentle Prenatal does not contain folic acid, a potentially dangerous supplement that is typically recommended to pregnant women despite the dangers associated with it!

- Folic acid supplementation by pregnant women was shown to increase the risk of childhood asthma by 26%¹¹
- Folic acid supplementation during pregnancy is associated with increased incidence of respiratory tract infections in infants.¹²

- A study of pregnant women in Sweden found an increase in cardiac birth defects when folic acid supplements were used in early pregnancy.¹³
- The children of women who consumed more folate from food (more green vegetables) during pregnancy were less likely to develop ADHD.¹⁴
- Several studies have made connections between vegetable intake during pregnancy and lower risks of childhood cancers. For example, women with high vegetable intakes were 35% less likely to have a child with acute lymphoblastic leukemia.¹⁵

"FOLIC ACID SUPPLEMENTATION DURING PREGNANCY CAN HARM YOUR CHILD."

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GENTLE PRENATAL Supplement Facts

Supplement Facts
Serving Size: 2 capsules
Servings Per Container: 60

	Amount Per Serving	% Daily Value for Adults & Children	% Daily Value 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 D3])	25mcg (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™ TC] and calcium ascorbate)	100 mg	8%	8%
Iron as (Ferrous) 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 and zinc piccolinate)	10 mg	91%	77%
Chromium (as chromium amino acid chelate)	17.5 mcg	50%	39%
Sunflower lecithin (soy-free) (providing 30 mg phosphatidylcholine)	200 mg	+	+
Taurine	50 mg	+	+
Vitamin K2 (as natural menaquinone-7 [MK7] (vit K ₂))	30 mcg	+	+
Vanadium (as vanadium amino acid chelate)	10 mcg	+	+
Whole Food Fruit, Veggie and Greens Blend:	215 mg	+	+

Bioceol spruce extract, acerola fruit extract (Ester-C® ascorbate), ultra bioflavonoid complex (mixed citrus fruits), green cabbage forest concentrate, kale seed, watercress leaf, alfalfa grass, bilberry fruit extract (20% anthocyanosides), plum, grape seed & skin extract, wild blueberry extract, cranberry juice concentrate, raspberry extract, strawberry concentrate, test cherry concentrate and wild whole bilberry fruit extract

* Daily value not established.

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

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.drfruhman.com/shop/product/55>