

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.<sup>1-4</sup> However, excess iron is also problematic.<sup>5</sup> 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.<sup>6-8</sup> The daily dose of 18 mg iron is split between two capsules to avoid the nausea and constipation commonly associated with iron supplements.

#### **Contains 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 (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.<sup>9</sup>

#### **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.<sup>10, 11</sup> 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
- 1000 IU vegan vitamin D3 – compared to 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%<sup>11</sup>
- Folic acid supplementation during pregnancy is associated with increased incidence of respiratory tract infections in infants.<sup>12</sup>

- A study of pregnant women in Sweden found an increase in cardiac birth defects when folic acid supplements were used in early pregnancy.<sup>13</sup>
- The children of women who consumed more folate from food (more green vegetables) during pregnancy were less likely to develop ADHD.<sup>14</sup>
- 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.<sup>15</sup>

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

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## GENTLE PRENATAL Supplement Facts

Supplement Facts		Servings Per Container: 60
Serving Size: 2 capsules	Amount Per Serving	%Daily Value
Vitamin C (as calcium ascorbate)	100 mg	167%
Vitamin D3 (as vegan cholecalciferol (Vitamin D3))	1000 IU	250%
Vitamin K2 (as natural menaquinone-7 (MK-7))	30 mcg	38%
Thiamin (as thiamin HCl)	0.75 mg	50%
Riboflavin (as riboflavin)	0.425 mg	25%
Vitamin B6 (as pyridoxine HCl)	0.5 mg	25%
Vitamin B12 (as methylcobalamin)	200 mcg	3333%
Biotin	200 mcg	67%
Pantothenic acid (as D-calcium pantothenate)	10 mg	100%
Calcium (from mineralized seaweed (Aquamin®) and calcium ascorbate)	200 mg	20%
Iron as (Ferrous) carbonyl iron	18 mg	100%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide, magnesium aspartate and magnesium glycinate)	100 mg	25%
Zinc (as zinc citrate and zinc picolinate)	15 mg	188%
Selenium (as selenomethionine and sodium selenite)	35 mcg	50%
Chromium (as chromium amino acid chelate)	30 mcg	25%
Molybdenum (as molybdenum amino acid chelate)	37.5 mcg	50%
Inositol	50 mg	-
Sunflower lecithin (soy-free) (providing 30 mg phosphatidylcholine)	150 mg	-
Taurine	50 mg	-
Vanadium (as vanadium amino acid chelate)	10 mcg	-
Whole Food Fruit, Veggie and Greens Blend:	250 mg	-
<small>Broccoli sprout extract, acai fruit extract (Euterpe oleracea), lycium (goji) berry extract, citrus bioflavonoid complex (mixed citrus fruits), green cabbage fruit concentrate, kale leaf, watercress leaf, alfalfa grass, bilberry fruit extract (25% anthocyanosides), grape seed &amp; skin extract, wild blueberry extract, cranberry juice concentrate, raspberry extract, prune concentrate, strawberry concentrate, tart cherry concentrate and wild whole bilberry fruit extract</small>		
* 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>