

BEST

Pregnancy Nutritional Program

Vegetable Source Soy Protein

(soy recommended)

- protein needs double during pregnancy
- important in the development of bones, soft tissue, and blood
- helps provide for the 20% increase in blood volume during pregnancy
- lack of amino acids has been linked to deformities in baby



Vitalizer Women

- Utilizes the Shaklee MicroNutrients Advanced Release Technology (S.M.A.R.T) system designed to dramatically improve absorption of key nutrients.
- Packs the 80 most important nutrients into a convenient, go-anywhere Vita Strip.
- Includes Omega-3 fatty acids, carotenoids and added probiotics
- Vitalizer Women is excellent as a prenatal/postnatal multivitamin. Vitalizer Women provides a full spectrum of nutritional support including 800 mcg of folic acid, 200 mcg of Iodine and 18 mg of iron



Take Extra

- Vita-D
- B Complex
- Calcium/Magnesium
- Vitamin C
- Iron –especially if hemoglobin shows the need)
- Zinc

Additional Supplements

- Vitamin E-helps prevent miscarriages (due to it's oxygen carrying ability)
- GLA, OmegaGuard, Lecithin - these essential fats are involved in development of the brain, nerves, eyes, etc.

AVOID Toxic Chemicals

- **Household Cleaners:** a report by the Consumer Product Safety Commission shows cleaners are linked to allergies, birth defects, cancer & psychological abnormalities. It is essential to use only Toxic-Free Cleaners, including laundry detergents, fabric softeners, etc.
- **Personal Care Products:** In a recent study of personal care products (done by the National Institute of Occupational Safety & Health), 30% were found to contain toxic ingredients. It is essential to use only Toxic-Free personal care products, including shampoo, skin care, etc.

Other Products offered by Shaklee

Ask your Shaklee Distributor about:

Shaklee Supplements

Shaklee Toxin-Free Cleaners

Shaklee Toxin-Free Personal Care Products

**Shaklee offers products that are
“In Harmony with Nature & Good Health”**

**Remember quality determines results! You
can trust Shaklee Products for the health of
YOUR BABY and YOU.**



Pregnancy

Healthy Mom,



Healthy Baby

Planning for your baby should start long before conception to conceive in good health. During pregnancy, the health of both the mother & fetus is critically influenced by nutrient intake. Pregnancy involves numerous physical changes in the mother's body as the fetus develops. The metabolism of women increases by approximately 30% during pregnancy and nursing, which increases the need for some essential nutrients well above the normal recommended daily allowances.

Health care practitioners recommend supplementation during pregnancy, even for those women with good diets. This is because the fetus must compete with the mother's body for vital nutrients. Any shortage can result in ...

- Early termination of pregnancy
- Premature infant
- Low birth weight of infant
- Brain damage, including impaired intelligence & psychological disturbances
- A baby with weak immunity to infections

This is no time to skimp on nutrition. Natural source organic food supplements will bring you up to a healthy level.

Increased Nutritional Demands

- Protein needs almost double
- Iron requirements rise from 18 mg to 30-60 mg daily
- Calcium/magnesium requirements increase from 800 mg to 1200 - 1500 mg daily
- The need for the complete B complex increases significantly ... (2+ B Complex)

Disclaimer: The content of this literature has been gathered from Natural Health Consultants across the country. It is not published by Shaklee Corporation. The information is not intended to prescribe, diagnose, or replace care by a health practitioner. The recommendations are not provided or published by Shaklee Corporation.

GOOD

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Vita-Lea with Iron

- An essential smorgasbord of nutrients
- A great prenatal/postnatal vitamin— it contains optimized micronutrients levels including:
 - ◇ 800 mcg of folic acid
 - ◇ 200 mcg of iodine
 - ◇ 18 mg of iron
- Utilizes a patented micro-coating delivery system designed to enhance absorption of folic acid



B Complex (Extra) - you may need extra ... watch your urine ... it should be bright yellow 24 hours per day ... if not, take additional B Complex

- folic acid is a crucial B vitamin that avoids neural tube defects. The B vitamins work as a family; if you increase one, you should increase the other. Therefore, it is wiser to increase the B Complex rather than taking folic acid as a separate supplement
- B-Complex helps ensure a healthy pregnancy: helps relieve fatigue, insomnia and nervousness
- Adequate Niacin in a balanced B complex may act as an anti-nausea agent



Vitamin D3 (Extra) keep this level in the fantastic range in your blood work ... many women require 4,000 - 5,000+ I.U. daily to accomplish this)

- reduces the risk of allergies and asthma in the developing baby
- optimal for bone & immune health



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