



Best Supplement for Pre & Post-Natal Women

Women who are able to maintain a balanced diet tend to have fewer complications during pregnancy and labor, and they even deliver stronger, healthier and more adorable babies. [1-3]

Maintaining a high nutrient and well-balanced diet is one of the most important aspects that you can ensure a better health of your baby as well as the mother yourself. [1-3] However, even keeping yourself strictly to follow a balanced diet may not ensure that you can get adequate amount of specific nutrients for expectant women, especially folic acid, calcium and iron. [1-3] As the prenatal vitamins tablet contains well-balanced nutrients which is especially formulated for expectant and postnatal women, may provide the following benefits:

Folic Acid

Folic acid is required for energy production and the formation of red blood cells. It strengthens the immune system by aiding proper formation and functioning of white blood cells. It is also required for DNA and amino acid synthesis and maintenance. [4] Studies show that mental retardation caused by neural tube defects may be prevented if expectant women absorb adequate amount of folic acid. [5] U.S. FDA suggested that an expectant woman should absorb at least 600mcg – 800mcg of folic acid daily. [6]

Calcium

Calcium is the most necessary mineral for human. 99% of the calcium in our body is stored in bones and teeth. [7] Women normally need more calcium than male, especially during pregnancy. [8] Calcium helps forming the baby's bones and teeth, maintain the functions of neurotransduction, cardiovascular dilation and contraction, and blood clotting. [9-10]

Iron

Iron is crucial for expectant women. It helps building red blood cells, improves immune system and helps resisting against disease for mothers and embryos. [11-12] Prenatal vitamins tablet provides expectant mothers sufficient iron intake which avoid insufficient absorption from daily diet.

Zinc

More than 300 enzymes depend on zinc for catalytic activity. [13] Zinc activates white blood cells to fight against infections. [14] During the normal growth or wound healing process, zinc is responsible for DNA/RNA synthesis, cell division and protein synthesis. [3] Some proteins also require zinc to maintain their structure. [13,15]

B-Group Vitamins

Prenatal vitamins tablet contains vitamin B complex including B1, B2, B3, B6 and B12. This B-group vitamins is a team of nutrients, to be taken together and works synergistically. [16] B-Group vitamins help to maintain healthy nerves, skin, eyes, hair, liver and oral cavities as well as healthy muscle tone in the gastrointestinal tract and proper brain function. [16-19]

Antioxidant Vitamins

Studies show that cells are damaged by free radicals, which is a group of atoms that attack the immune system leading to infection, degenerative diseases and even cancer. [12, 20] Prenatal vitamins tablet includes antioxidant vitamins A, C and E, which helps protect the eye, skin, blood cells and germ cells from oxidative damage and is vital for expectant women and babies' immune and nervous system. [21-22]

Recommended daily dose:

For Pregnant Women, take 1 tablet daily or as directed by physicians.

References:

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