



The Prenatal Formula

PROPERTIES:

Prodays syrup is a special combination of prenatal vitamins and minerals that participates to support fertility and also delivers key supplementation for brain, heart and nerve function as well as support for pregnant women. It supports normal early development of the fetal spinal cord and brain.

INDICATIONS:

Pregnancy & lactation

Hyperhomocysteinemia

Early or weak pregnancy

Birth defects

Early miscarriages

Iron deficiency

ROLE OF INGREDIENTS:

Folic Acid:

- > Helps support normal early fetal development of the brain and spinal cord.
- > It's involved in cell division and tissue growth.
- > Reduce the risk of preterm birth and birth defects.
- > Helps to make new cells and aids in production of DNA and RNA.

B-Complex Vitamins:

- > Enhances fertility in women undergoing infertility treatment.
- > Helps make healthy red blood cells and DNA.
- > Vitamin B6 plays a role in the metabolism of protein, carbohydrates and fats, the production of neurotransmitters and the formation of nicotinic acid.
- > It is vital for maintaining a healthy nervous system, skin, muscles and blood.
- > Thiamine is necessary for the growth, development and function of cells.
- > Riboflavin supports the baby's growth, good vision, and healthy skin.
- > Niacin prevents miscarriages and certain types of birth defects.

Multi-Minerals:

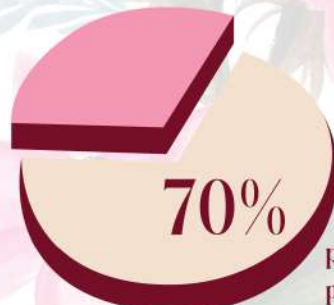
- > Zinc improves the maturing of eggs and affects pre-implantation development during ovulation.
- > Magnesium reduces the risk of preeclampsia, stillbirth, low birth weight, and fetal growth restriction.
- > Copper is essential for normal fetal development and for the production of red blood cells.

For conception & pregnancy

WHY FOLIC ACID



8 Children born in the US each day with a neural tube defect (NTD) such as Spina Bifida



Reduction of NTDs possible by taking folic acid, or eating folate-rich foods

0

Known cures for neural tube birth defects




28

Days


is the time needed for the neural tube to close properly in a developing fetus.

40-400

mcg of folic acid per serving is added to breads, pasta and grain products, as mandated by the US Food and Drug Administration in 1996



400



mcg per day of folate or folic acid supplement before pregnancy and during the early stage of pregnancy is recommended to lower the risk of neural tube birth defects

For conception & pregnancy

FOLIC ACID: Are they getting enough?

WHAT WE KNOW

- Age, education, geographic location and income affect what women know about the importance of folic acid. According to the Canadian Community Health Survey (2015) women aged 15-45 years who had given birth in past 5 years:



Before their pregnancy, **71%** of women knew that taking folic acid before conception can lower the risk of neural tube defects (NTD)



60% of women reported taking folic acid in the three months before conception



98% of these women took it daily or almost daily



- Recommended Dietary Allowance:



Women of reproductive age:
400 mcg dietary folate equivalents per day



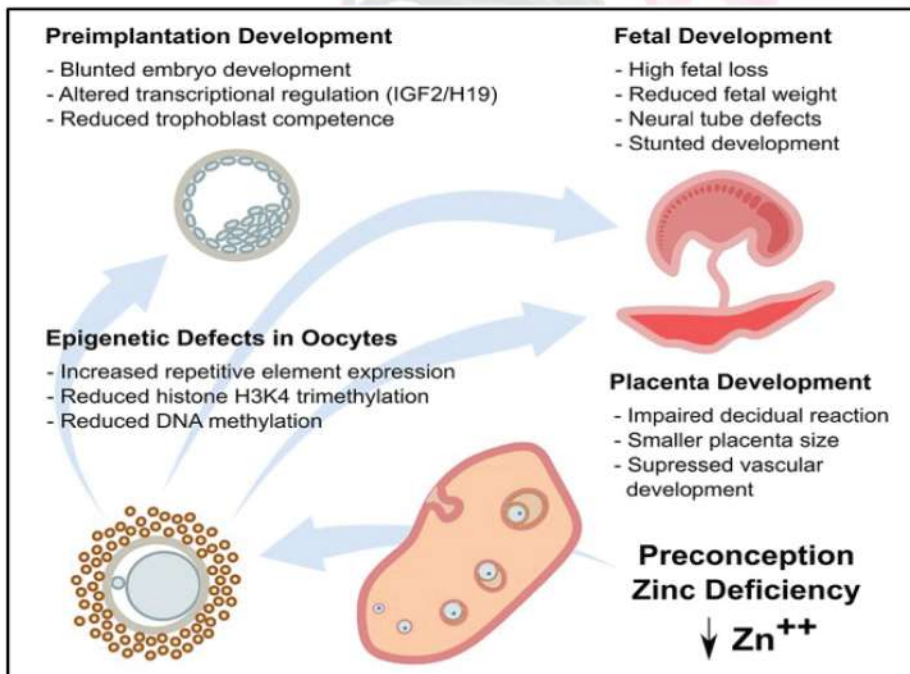
Pregnant women:
600 mcg dietary folate equivalents per day

WHAT YOU NEED TO KNOW

To reduce the risk of fetal neural tube defects, women of reproductive age (12-45 years of age) who could become pregnant need to be advised on the benefits of folic acid in a multivitamin supplement. Promote the following, regardless of whether the client is planning a pregnancy or not:

A diet high in folate should be encouraged, but as dietary intake is not enough to reach red blood cell folate levels associated with maximal protection against neural tube defects, a daily multivitamin containing 0.4 mg of folic acid is needed for low risk women who are of reproductive age and could become pregnant.

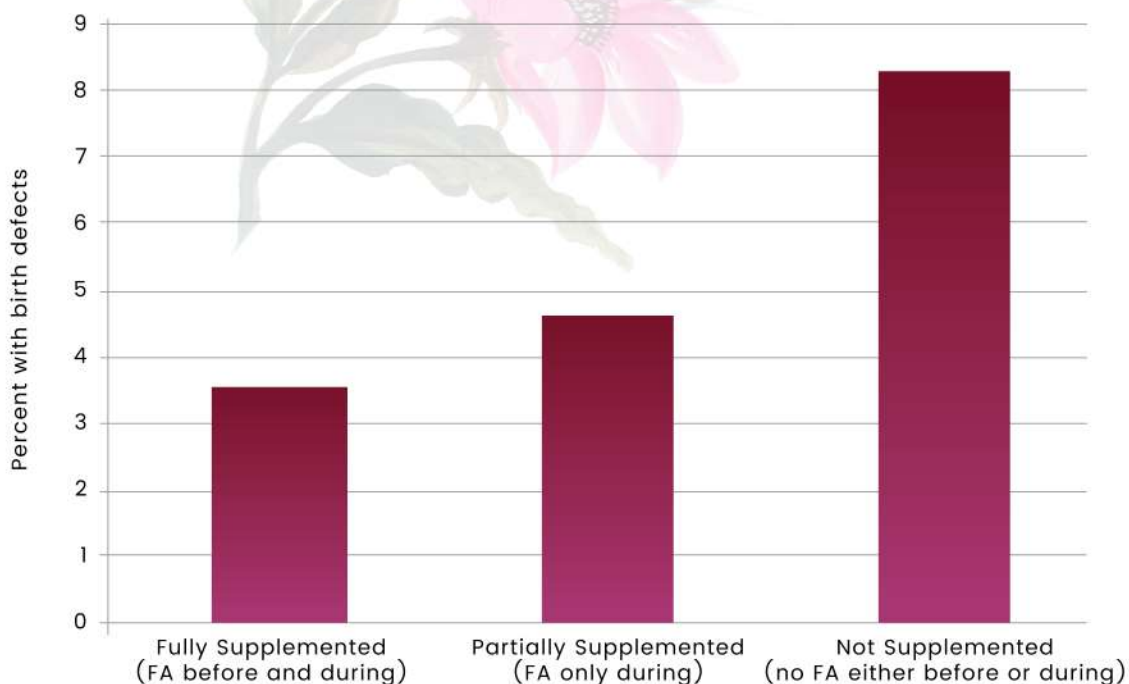
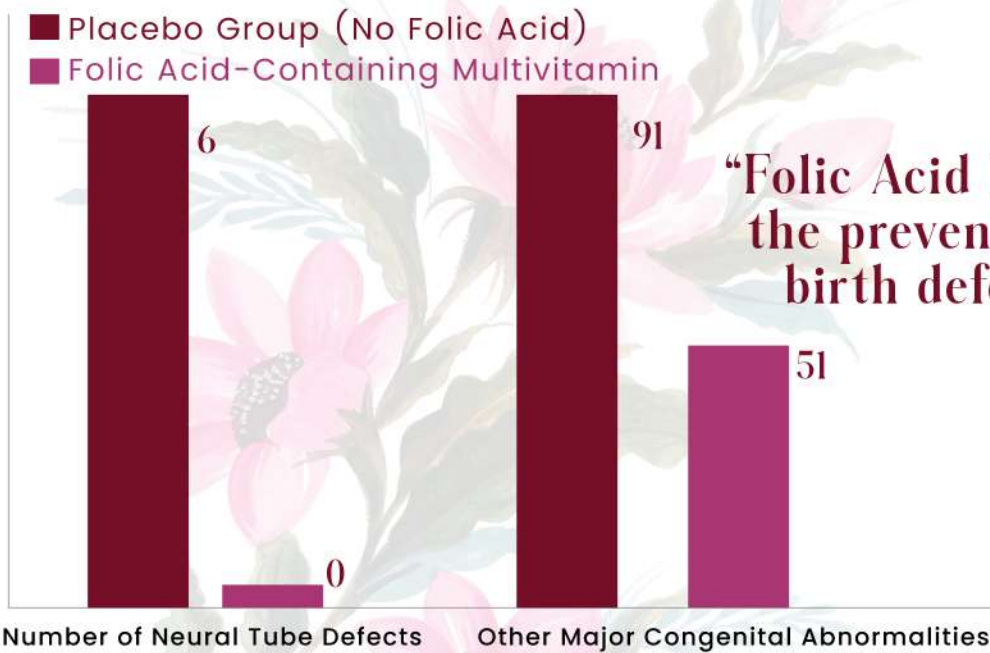
ROLE OF ZINC IN PRECONCEPTION:



Epigenetic defects caused by preconception ZD. A 3-5 day period of dietary ZD is sufficient to cause a reduction in DNA and histone methylation and increased abundance of transcripts from the repetitive elements in the oocyte. However, even later in pregnancy after normal dietary zinc status is restored, defects in placenta formation, fetal survival, and fetal development persist, suggesting a long-lasting impairment of developmental potential.

FOLIC ACID AND THE PREVENTION OF BIRTH DEFECTS

Numerous scientific studies emphasize the importance of folic acid and multivitamin supplementation in preventing birth defects and NTDs. Results of the Czeizel Study (1996) – using a periconceptual folic acid-containing multivitamin – indicate a “significant prevention of neural-tube defects, urinary tract and cardiovascular defects, in addition to a decrease in the rate of limb deficiencies and congenital hypertrophic pyloric stenosis”. In this study, fertility was also improved after periconceptual multivitamin supplementation*.



Why did we do this study? It is well known that folic acid pills taken periconceptually prevent birth defects. That is, the pills should be taken before pregnancy starts and for at least the first three months of pregnancy. While we showed that supplemental folic acid lowered the risk of miscarriage.

For conception & pregnancy

A pure combination of prenatal vitamins and minerals

750 mcg of folic acid with essential B complex vitamins

Ensures a healthy pregnancy and early fetal development

Essential for nerve function and brain.

Faster absorption rate and easily digestible

Free from gluten, artificial flavors and preservatives

COMPOSITION:

Each 10 ml contains:

| | |
|--------------------------|---------|
| Folic Acid (USP) | 750mcg |
| Vitamin B12 (USP) | 5mcg |
| Vitamin B1 (USP) | 2.5mg |
| Vitamin B2 (USP) | 2.5mg |
| Vitamin B6 (USP) | 1mg |
| Niacinamide (USP) | 25 mg |
| Zinc Sulphate (USP) | 22 mg |
| Magnesium Sulphate (USP) | 1 mg |
| Copper Sulphate (USP) | 1.18 mg |

DOSAGE:

2 teaspoons daily before a meal or as directed by the physician.

PRESENTATION:

Available in 120 ml Amber Pet Bottle.

REFERENCES:

<https://blog.drtyanywilliams.com/thinking-about-getting-pregnant-take-folic-acid/>
<https://www.fertilaid.com/folic-acid-facts>
<https://www.boyneresearch.ie/folicacid.html>
<https://www.thelancet.com/journals/lancet/article/PIIS0140673601059694/fulltext>
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