



Mother/Child

CellSentials Prenatal Core Minerals

A comprehensive mineral supplement for pregnant women and their developing babies



Designed to complement Prenatal Vita-Antioxidant, Prenatal Core Minerals supplies pure, high-quality minerals at safe levels to help support a healthy pregnancy for mothers and healthy growth and development for babies.*

THE BENEFITS OF PRENATAL CORE MINERALS

Prenatal CellSentials Prenatal Core Minerals provides essential minerals, such as iron and iodine, which you need to support the healthy growth and development of your baby—before, during, and after pregnancy. Plus, it will provide the nutrition you need to keep feeling good and to help support your body after giving birth.*

Prenatal Core Minerals is also an excellent source of magnesium, which is needed to support healthy fetal growth and support calcium absorption for strong bones and teeth.*

This supplement also contains copper, which aids in the production of red blood cells, along with supporting fetal development.*

THE SCIENCE OF PRENATAL CORE MINERALS

Because maternal blood volume increases by nearly 50 percent during pregnancy, iron supplementation beginning by the second trimester is important for supporting the production of red blood cells, which help transport oxygen and nutrients to the baby. Maternal iron is also needed during pregnancy and lactation to provide the infant with sufficient iron stores to last through the first four to six months of life, after which supplementary feeding is usually recommended. Prenatal Core Minerals is an excellent source of iron.

Calcium is important for a healthy pregnancy and maintaining the mother's bone density, which is especially important as calcium is transferred to the baby for developing bones, teeth, and muscles.*

A woman's need for iodine increases considerably during pregnancy and while nursing. It is needed for maternal thyroid hormone production, which plays a role in fetal neurocognitive development. Deficiency of iodine is accepted as the most common cause of preventable brain damage in the world. Iodine deficiency during pregnancy can negatively impact cognitive function. Prenatal Core Minerals contains high-potency iodine.

Zinc deficiency has been linked to low birth weight and an increased risk of developing delivery complications, so maintaining adequate levels is especially important for a healthy pregnancy. Zinc also supports healthy fetal cell growth.*

THE USANA DIFFERENCE

Carefully formulated by a team of nutritional-science experts using safe levels of the purest ingredients, and made to the same high standards as pharmaceutical products, CellSentials Prenatal Core Minerals provides excellent potency and quality. It is also formulated with additional minerals, such as selenium, chromium, and manganese, which may not be found in other prenatal supplements. Make sure to complement CellSentials Prenatal Core Minerals with Active Calcium™ Chewable, as needed, to increase your daily calcium and magnesium intake to recommended levels (see page 34). When taken together with CellSentials Prenatal Vita-Antioxidant, you will have balanced and comprehensive nutritional support for the health of your future family.*

ITEM #102

DIRECTIONS: TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH FOOD.

SUPPLEMENT FACTS

SERVING SIZE: 2 TABLETS

AMOUNT PER SERVING		%DV*
VITAMIN C (AS MAGNESIUM ASCORBATE AND CALCIUM ASCORBATE)	300 mg	500%
CALCIUM (AS CALCIUM CITRATE AND CALCIUM ASCORBATE)	112.5 mg	8%
IRON (AS FERROUS FUMERATE)	14 mg	80%
IODINE (AS POTASSIUM IODIDE)	120 µg	80%
MAGNESIUM (AS MAGNESIUM CITRATE AND MAGNESIUM ASCORBATE)	112.5 mg	25%
ZINC (AS ZINC CITRATE)	10 mg	70%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
SELENIUM (AS L-SELENOMETHIONINE AND SODIUM SELENITE)	100 µg	†
MANGANESE (AS MANGANESE GLUCONATE)	1 mg	†
CHROMIUM (AS CHROMIUM POLYNICOTINATE)	150 µg	†
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	†
SILICON (AS CALCIUM SILICATE)	2 mg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1500 µg	†
L-CYSTEINE HCL	80 mg	†

*%DV FOR PREGNANT WOMEN. †DAILY VALUE NOT ESTABLISHED

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, ORGANIC MALTODEXTRIN, PREGELATINIZED STARCH, SILICON DIOXIDE, VANILLA EXTRACT, ORGANIC SUNFLOWER LECITHIN, ORGANIC PALM OLEIN, ORGANIC GUAR GUM.

WARNING: ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.

CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATION FOR UNIFORMITY, POTENCY, AND DISINTEGRATION, WHERE APPLICABLE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING.

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STORE BELOW 25° C MADE IN USA
102.010189 LB.001076

References

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.