



Mother/Child

CellSentials Prenatal Vita-Antioxidant

A comprehensive vitamin supplement for pregnant women and their developing babies



USANA's CellSentials Prenatal Vita-Antioxidant supplies a carefully formulated range of pure, high-quality vitamins at safe levels that help support your healthy pregnancy and a healthy baby.*

THE BENEFITS OF CELLSSENTIALS PRENATAL VITA-ANTIOXIDANT

When it comes to optimal health, it is often necessary to consume amounts of nutrients that are higher than the RDA (Recommended Daily Allowance), which are generally considered the minimal recommendations for avoiding deficiency. When you're pregnant, your nutritional needs are increased, but many prenatal vitamins provide only the minimal RDA amounts for pregnant women.

Prenatal Vita-Antioxidant provides essential vitamins, including folic acid and vitamin A (as beta carotene), to help support the healthy growth and development of your baby—before, during, and after pregnancy. Plus, it will provide added nutrition to help you maintain your energy level, and support your immune system. Additionally, it will help your body recover after giving birth.*

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect. Because it is needed for closure of the neural tube in the very first weeks of pregnancy, any woman of childbearing years should take folic acid. When taken as directed, Prenatal Vita-Antioxidant is an excellent source of 600 µg of folic acid, which is more bioavailable than the folate you'll find in food.

The B vitamins, which include thiamin, riboflavin, niacin, folic acid, vitamin B6, vitamin B12, biotin, and pantothenic acid, are important to support energy metabolism and healthy organ development. Vitamins B6 and B12 also support red blood cell formation, which is critical because a woman's blood volume increases by nearly 50 percent during pregnancy. Prenatal Vita-Antioxidant provides 32 mg of B6 and 200 µg of B12 in each daily dose.

THE SCIENCE OF CELLSSENTIALS PRENATAL VITA-ANTIOXIDANT

The rapidly dividing cells of the developing fetus require biotin to aid in regulating healthy cellular responses. Prenatal Vita-Antioxidant is an excellent source of biotin.

Vitamin A is important during fetal development and supports formation of the circulatory system, heart, eyes, ears, and limbs. Prenatal Vita-Antioxidant is a good source of provitamin A. It contains 15,000 IU of beta carotene per day, which is similar to the level contained in one carrot. The beta carotene form of vitamin A is a safe, non-retinoid form of this essential nutrient that poses no toxicity risk.

Another important antioxidant, vitamin C is essential for helping the body make collagen, which is a building block for cartilage, tendons, bones, and skin. It also supports iron absorption.*

Aside from helping to develop strong bones and teeth by aiding calcium absorption, recent studies have shown a positive correlation between maternal vitamin D status and healthy neonatal outcomes, including healthy birth weight. Prenatal Vita-Antioxidant is rich in vitamin D.* Depending on your diet and the amount of sunlight you get regularly, you may want to also add USANA's Vitamin D supplement to your nutritional regimen (see page 29).

THE USANA DIFFERENCE

As with all USANA Nutritionals, CellSentials Prenatal Vita-Antioxidant is manufactured to the highest quality and safety standards. Plus, additional nutrients, such as vitamin K, choline, and USANA InCelligence Technology™, make the Prenatal Vita-Antioxidant a well-balanced supplement for supporting the health of your future family.*

ITEM #103

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

SUPPLEMENT FACTS		
SERVING SIZE: 2 TABLETS		
AMOUNT PER SERVING		%DV*
VITAMIN A (AS BETA CAROTENE AND MIXED CAROTENOIDS)	5,000 IU	60%
VITAMIN C (AS POLY (C) BLEND: POTASSIUM, CALCIUM, MAGNESIUM, AND ZINC ASCORBATES)	200 mg	330%
VITAMIN D3 (AS CHOLECALCIFEROL)	500 IU	125%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCONATE)	100 IU	330%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg	100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg	640%
FOLATE (AS FOLIC ACID)	300 µg	40%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg	1250%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%
VITAMIN K (AS K1 [PHYTONADIONE] AND K2 [MK-7 MENAQUINONE])	60 µg	†
VITAMIN B1 (AS THIAMIN HCL)	15 mg	†
VITAMIN B2 (AS RIBOFLAVIN)	15 mg	†
MIXED TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	40 mg	†
INCELLIGENCE™ COMPLEX		
ALPHA LIPIC ACID	50 mg	
MERIVA® BIOAVAILABLE CURCUMIN COMPLEX (CURCUMA LONGA L. ROOT)**	36 mg	
GREEN TEA EXTRACT (CAMELLIA SINENSIS HUNT, LEAVES)	35 mg	
QUERCETIN DIHYDRATE	30 mg	
ROUTIN	20 mg	
HESPERIDIN (CITRUS SPP. L., FRUIT)	20 mg	
RESVERATROL	20 mg	
OLIVOL® (OLIVE FRUIT EXTRACT, OLEA EUROPAEA L., FRUIT)**	15 mg	
INOSITOL	64 mg	†
CHOLINE BITARTRATE	125 mg	†
COENZYME Q10	6 mg	†
LUTEIN (TAGETES ERRECTA L., FLOWER)	300 µg	†
LYCOPENE	500 µg	†

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

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

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR UNIFORMITY, POTENCY, AND

DISINTEGRATION, WHERE APPLICABLE.

**"MERIVA" IS A REGISTERED TRADEMARK OF INDENA S.P.A.

***PROTECTED UNDER US PATENTS 6,358,542 OR 6,361,803.

WARNINGS: FOLIC ACID IS IMPROPER THERAPY IN THE TREATMENT OF PERNICIOUS ANEMIA AND OTHER MEGALOBlastic ANEMIAS WHERE VITAMIN B12 IS DEFICIENT. FOLIC ACID ABOVE 1 MG DAILY MAY OBSCURE PERNICIOUS ANEMIA IN THAT HEMATOLOGIC REMISSION CAN OCCUR WHILE NEUROLOGICAL MANIFESTATIONS PROGRESS.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

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

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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.