PRENATAL NUTRITION

Defined
Prenatal nutrition includes providing nutrients to support development of a healthy baby and the well-being of the mother.

Prenatal supplementation is necessary today due to the effects of the typical diet of overly processed, chemically adulterated, genetically modified, and irradiated food. Supplementation is needed during pregnancy to make up for deficiencies this type of diet creates.

Good prenatal nutrition is critical for the health of future generations. Weston Price, D.D.S. noted while studying different cultures, that it takes only one generation of eating poorly (Western diet) to compromise the health of the offspring. Synthetic prenatal vitamins cannot fill the gap created by a poor diet.

Supplementation

Primary Support

_____ Catalyn (Standard Process): Multiple vitamin and major mineral source along with naturally occurring food enzymes. Formulated from whole food sources, processed with low heat and only the fiber and moisture removed. Catalyn supplies multiple essential food factors to provide general nutritional foundational support.

Dosage: 2 tablets, 3 times per day with meals.

Note: For the benefits of Catalyn together with naturally occurring fiber, consider using Cyrofood from Standard Process (4tablets, 3 times per day with meals) or Cyrofood Powder (1-2 tablespoons, 3 times per day mixed with water and fruit in a blender).

_____ Folic Acid B12 (Standard Process): A synergistic formula to support neural tube formation in the early developing fetus (prior to six weeks) and CNS development thereafter.

Dosage: 1 tablet, 3 times per day with meals.

_____ Calcium Lactate (Standard Process): A growing baby needs a considerable amount of calcium during development. If the baby is not getting enough to meet its needs, the body will release calcium from the bones of the mother (most of the calcium in the body is inside the bones) to meet the baby’s requirements. Inadequate dietary calcium intake during pregnancy can increase the risk for osteoporosis later in life for the mother. Calcium lactate provides a readily available form of calcium balanced with magnesium to supplement a diet high in green leafy vegetables during this time of increased requirements.

Dosage: 3 tablets, 3 times per day on an empty stomach for maximum absorption.
Some Non-Dairy Sources of Calcium
• Almonds
• Broccoli
• Beet greens
• Kale
• Mustard greens
• Bok Choy
• Spinach
• Mackerel
• Kelp
• Canned salmon with soft bones

For women who do not or will not eat sufficient quantities of vegetables, consider one or more of the following:

1. _____ Cruciferous Complete ™ (Standard Process): Combination of Kale and Brussels sprouts. Kale is a rich source of the vitamin C complex, beta-carotene, chlorophyll, vitamin E complex and trace minerals along with the known and unknown phytochemicals. Brussels sprouts are also a rich source of vitamin C, iron, vitamin A, folic acid, potassium and phytochemicals.
   Dosage: 1-2 capsules, 3 times daily with meals.

2. _____ Betafood (Standard Process): Brussels sprouts, kale, alfalfa, buckwheat juice powder (high source of magnesium, the bioflavonoid rutin and a source of essential amino acids), barley grass juice powder (supplies niacin, iron, magnesium, manganese, phosphorous, selenium and zinc), and alfalfa sprout powder (trace mineral and vitamin K source).
   Dosage: 1 capsule, 3 times daily with meals.

**Secondary Support: As Indicated**

_____ If a pregnant woman will not take a lot of supplements, recommend the following two Products.

_____ Immuplex (Standard Process): Given in conjunction with Catalyn (6-9 tablets per day) to ensure that the mother does not become depleted during pregnancy. Provides the vitamin A, C and E complexes, folic acid, cyanocobalamin, trace minerals and liver, thymus, spleen and bone Protomorphogen ™ extracts along with other synergistic factors for optimal immune system support.
   Dosage: 2-3 capsules, 3 times per day with meals.