

DAILY-CAPSULE


PreNexa[®]

Rx PRENATAL VITAMIN WITH PLANT-BASED DHA



**New-generation
moms know best**

**Insights on healthy pregnancy
and prenatal vitamins**



A prenatal vitamin
has arrived for
the new generation

Knowing that you are giving your growing baby the additional nutritional supplementation he or she needs during all stages of growth gives you added confidence and peace of mind during and after pregnancy.

Now there's a new prenatal vitamin made especially for mothers in the know. It's called PreNexa® and it's the **first once-daily single gel capsule** prenatal vitamin formulated with more plant-based DHA than in any other single-capsule prenatal vitamin.¹⁻⁸

By taking PreNexa®, you can feel good knowing that before conception, during your pregnancy, and throughout breastfeeding, you have made the right decision for you and your baby.

Did you know?

In 1910, John, William, Mary, and Helen were the most popular baby names. Today, Jacob, Michael, Emily, and Isabella are the most common baby names.

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Q: What is DHA?

A: DHA, or docosahexaenoic acid, is a key omega-3 fatty acid found throughout the body. It helps with the development of baby's prenatal and postnatal brain and visual development.^{9,10}

Because developing infants cannot efficiently produce their own DHA, they must obtain this vital nutrient through the placenta during pregnancy or an outside source, such as breast milk, after birth.¹¹

Mothers continuously lose their DHA stores during pregnancy and, even 6 months after delivery, they may not have recovered their DHA deficit.¹² Since many women do not consume the amount of DHA recommended by many experts through diet alone, a prescription prenatal vitamin with DHA may be what mom and baby need to help ensure her daily DHA intake is ≥ 200 to 300 mg during pregnancy and while breastfeeding.^{10,13,14}

Did you know?

Tuesday is the most popular day for babies making their arrival in the world, with Saturday being the least busy day of the week.

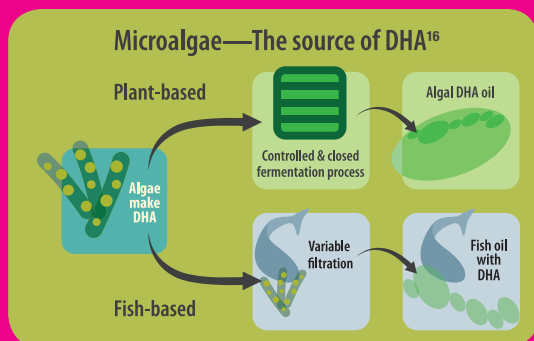
Q: What are the advantages of plant-based DHA?



A: DHA derived from a direct plant source (microalgae) helps avoid the worries you may have about oceanborne contaminants or toxins, such as mercury contamination, which may be associated with fish-based DHA.¹⁵

PreNexa® DHA eliminates the risk of fish or shellfish allergies—one of the most widespread allergies in the US.¹⁷

PreNexa® DHA contains no fish oil, unlike many other prenatal vitamins, which can leave a fishy smell, taste, and aftertaste.¹⁸



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Q: Does DHA have an effect on breastfeeding?

A: Supplementation of DHA during pregnancy and while breastfeeding has been observed to contribute to favorable childhood mental development.^{14,19}


PreNexa® provides a convenient source of DHA. The composition of PreNexa® DHA is similar to DHA found in human breast milk.²³

*Did you know?
Some medical practitioners believe that a shortage of B vitamins may be linked to cravings for chocolate during pregnancy.*



Convenient bottle packaging with a 30-day supply

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Q: How important is folic acid during my pregnancy?


A: Very. In addition to a healthy diet, consuming at least 400 mcg of folic acid before conception and 600 mcg during early pregnancy may help reduce the risk of neural tube defects such as spina bifida.²⁰

Did you know?

Babies have a strong sense of smell. By the time they are 1 week old, babies can identify their mothers by smell.

Folic acid is found in the following foods²¹:

- Fortified breakfast cereals
- Lentils
- Asparagus
- Spinach
- Peanuts
- Orange juice (from concentrate is best)
- Enriched breads and pasta
- Romaine lettuce
- Broccoli



**Q: What vitamins
and minerals
are in PreNexa®?**

A: Here's a look at the ingredients including vitamins and key minerals in PreNexa®.¹

Folic acid	1.2 mg
Plant-based DHA	265 mg
Docusate sodium	≤55 mg
Vitamin C	25 mg
Calcium	160 mg
Iron	30 mg
Vitamin D ₃	170 IU
Vitamin E	30 IU
Vitamin B ₆	25 mg

- Docusate sodium is a gentle stool softener for added comfort during pregnancy
- Vitamin B₆ may be helpful in alleviating nausea and vomiting²²

Did you know?

About 85 percent of women report at least one food craving during pregnancy. The most common craving is for something sweet, followed by something salty, spicy, or sour.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

Please see accompanying full Prescribing Information for a complete list of warnings and precautions.







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Q: With so many vitamins on the market, how do I know which one is right for me?

A: This chart may help you make an informed decision based on your particular needs, preferences, and lifestyle.

How PreNexa® compares to other prenatal vitamins¹⁻⁸

Prenatal Vitamin	DHA Source	All-in-one Capsule	Docusate Stool Softener	Convenient Bottle
PreNate DHA®		✓		
CitraNatal® Assure			✓	
PreNexa®		✓	✓	✓
Gesticare® DHA				
Duet® DHA				
Neevo® DHA		✓		✓

Visit the sites below to stay in the know

American Academy of Pediatrics
www.aap.org

American College of Obstetricians and Gynecologists
www.acog.org

American Dietetic Association
www.eatright.org

American Pregnancy Association
www.americanpregnancy.org

March of Dimes
www.marchofdimes.com

Martek—Life's DHA
www.lifesdha.com

US Department of Health and Human Services
www.womenshealth.gov/pregnancy

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The new-generation vitamin
 for new-generation moms

Convenient bottle
 packaging with a
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Ask your physician about PreNexa[®] and visit our website at
www.prenexa.com for more information on this
 unique prenatal vitamin for moms in the know.

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