

PreNexa® has
upgraded to

DAILY-CAPSULE

PreNexa®
Rx PRENATAL VITAMIN WITH
PLANT-BASED DHA *premier*



Enjoy
this bookmark...
and be sure to visit
the sites on the back
to learn more about
prenatal care

Essential nutrition
for the next generation

PreNexa® has
upgraded to

DAILY-CAPSULE
PreNexa®
Rx PRENATAL VITAMIN WITH
PLANT-BASED DHA *premier*



The new-generation vitamin
for new-generation moms

Convenient bottle
packaging with a
30-day supply



Ask your physician about PreNexa® *premier* and visit our website at
www.prenexa.com for more information on this
unique prenatal vitamin for moms in the know.

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.

References:

1. PreNexa premier [package insert]. Minneapolis, MN: Upsher-Smith Laboratories, Inc; 2010.
2. CitraNatal Assure [package insert]. San Antonio, TX: Mission Pharmacal Company; 2007.
3. Duet DHA [package insert]. Newport, KY: Xanodyne Pharmaceuticals, Inc; 2007.
4. Gesticare DHA [package insert]. Philadelphia, PA: Azur Pharma, Inc; 2001.
5. Nuevo DHA [package insert]. Covington, LA: PamLab LLC; 2009.
6. Prenate Essential [package insert]. Atlanta, GA: Shionogi Pharma Inc; 2010.
7. Natelle® One [package insert]. Philadelphia, PA: Azur Pharma, Inc; 2009.
8. Medline Plus. <http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-fishoil.html>. Accessed November 1, 2010.
9. Koletzko B, Laroué E, Demmelmair H. Placental transfer of long-chain polyunsaturated fatty acids (LC-PUFA). *J Perinat Med.* 2007;35 (suppl 1):S5-S11.
10. Szajewska H, Horvath A, Koletzko B. Effect of n-3 long-chain polyunsaturated fatty acid supplementation of women with low-risk pregnancies on pregnancy outcome and growth measures at birth: a meta-analysis of randomized controlled trials. *Am J Clin Nutr.* 2006;83:1337-1344.
11. Koletzko B, et al. The roles of long-chain polyunsaturated fatty acids in pregnancy, lactation and infancy. *J Perinat Med.* 2008;36:5-14.
12. Smuts C, et al. A randomized trial of docosahexaenoic acid supplementation during the third trimester of pregnancy. 2003;101:469.
13. Hornstra G, Al MD, van Houwelingen AC, Foreman-van Drogenen MM. Essential fatty acids in pregnancy and early human development. *Eur J Obstet Gynecol Reprod Biol.* 1995;61:57-62.
14. Simopoulos AP, Leaf A, Salem N Jr. Workshop on the essentiality of and recommended dietary intakes for omega-6 and omega-3 fatty acids. *J Am Coll Nutr.* 1995;18:487-489.
15. Arterburn LM, Oken HA, Bailey Hall E, et al. Algae oil capsules and cooked salmon: nutritionally equivalent sources of docosahexaenoic acid. *J Am Diet Assoc.* 2008;108:1204-1209.
16. Environmental Defense Fund. Fish oil supplements. <http://www.edf.org/page.cfm?tagID=16536>. Accessed November 1, 2010.
17. Martek BioSciences Corporation. Data on file.
18. The American Academy of Allergy, Asthma & Immunology. http://www.aaaai.org/patients/resources/easy_reader/food.pdf. Accessed November 1, 2010.
19. Harris WS. Fish oil supplementation: evidence for health benefits. *Cleve Clin J Med.* 2004;71:208-221.
20. Jensen CL, Voigt RG, Prager TC, et al. Effects of maternal docosahexaenoic acid intake on visual function and neurodevelopment in breastfed term infants. *Am J Clin Nutr.* 2005;85:125-132.
21. The American Congress of Obstetricians and Gynecologists ACOG. ACOG education pamphlet. Nutrition during pregnancy. http://www.acog.org/publications/patient_education/bp001.cfm. Accessed November 1, 2010.
22. March of Dimes. Pregnancy & newborn: folic acid. <http://www.marchofdimes.com/pnhec/887.asp>. Accessed November 1, 2010.
23. The American Congress of Obstetricians and Gynecologists ACOG. ACOG issues guidance on treatment of morning sickness during pregnancy. http://www.acog.org/from_home/publications/press_releases/mr03-29-04-1.cfm. Accessed November 1, 2010.
24. Martek BioSciences Corporation. Annual Report 2009.
25. Mulligan ML, Felton SK, Riek AE, et al. Implications of vitamin D deficiency in pregnancy and lactation. *Am J Obstet Gynecol.* 2009;201.



©2010 Upsher-Smith Laboratories, Inc., Maple Grove, MN 55369 1-800-654-2299
www.upsher-smith.com 104624.01

PreNexa® has
upgraded to

DAILY-CAPSULE

PreNexa®
Rx PRENATAL VITAMIN WITH
PLANT-BASED DHA *premier*



New-generation
moms know best

Insights on healthy pregnancy
and prenatal vitamins

An advanced prenatal vitamin for before, during and after pregnancy



Knowing that you are giving your growing baby 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 line of prenatal vitamins made especially for mothers in the know. PreNexa® premier is specially formulated with one capsule, once-a-day – with more DHA and vitamin D₃.¹

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

DHA Source	>300 mg DHA	All-in-one Capsule	Docusate Stool Softener	Convenient Bottle
		✓	✓	✓
		✓		
	✓	✓	✓	✓
		✓		✓
		✓		✓

All products are trademarks of their respective companies¹⁻⁷

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

DAILY-CAPSULE
PreNexa®
 Rx PRENATAL VITAMIN WITH PLANT-BASED DHA *premier*
www.prenexa.com

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.

PreNexa® has upgraded to
 DAILY-CAPSULE
PreNexa®
 Rx PRENATAL VITAMIN WITH PLANT-BASED DHA *premier*