

Pregnachron®

Pregnachron® is the ultimate nutritional supplement for pregnant women and breastfeeding mothers, specifically developed with the health of mother and baby in mind. Based on the science of chronobiology, Pregnachron® provides all of the essential building blocks for pregnancy and beyond, ensuring an optimal supply of all vital substances required in this phase of life, at precisely the right time of day.

Basic Facts

Pregnancy and breastfeeding are deeply rewarding phases of a woman's life – but are also times when great challenges are imposed on both mother and baby. An environment of love, peace and security is essential for the mother's mental health, and on a physical level, getting plenty of rest and fulfilling the body's increased need for certain vitamins, minerals and important trace elements is vitally important.

As science advances, we learn more and more about the crucial role nutrition plays in fetal development. In a nutshell, getting the right nutrients while pregnant is the key to a healthy pregnancy and a healthy baby. Although eating a balanced diet is the best way to get the necessary nutrients, it's easy to fall short on key vitamins and minerals without supplementing with a daily prenatal supplement.

Pregnachron® provides a balanced combination of the most important vitamins, minerals and essential trace elements which are required in higher amounts by both mother and child during pregnancy and breastfeeding.

Effects

Pregnachron® provides the crucial vitamins, minerals and nutrients needed to help prevent deficiencies during pregnancy and breastfeeding and ensure optimal health of both mother and baby. Because the need for certain nutrients increases during pregnancy and breastfeeding, it is easier to become deficient during these times, posing a danger to the healthy development of the embryo.

Pregnachron® contains scientifically validated ingredients, specifically adjusted to meet the special requirements of expectant and breastfeeding women:

Vitamin C, also known as ascorbic acid, protects the body's tissues and cells from oxidative damage caused by free radicals, a risk that increases in times of increased metabolic activity, such as pregnancy. Vitamin C also helps your body absorb iron, which sup-

ports the baby's growth and development. A deficiency in vitamin C may also hinder your newborn's mental development.

Vitamin E (as D-alpha tocopheryl acid succinate), or tocopherol, is a fat-soluble substance most often found in cell membranes that helps protect the body from oxidative stress while also working to eliminate existing oxidative damage. Vitamin E may also help protect against complications in pregnancy.

Carotenoids **lutein**, **lycopene** and **beta-carotene** are natural plant pigments that act as fat-soluble free radical scavengers in the body. These potent plant substances work in tandem with antioxidants vitamin C and vitamin E to provide optimal protection from oxidative damage.

Vitamin A (as beta-carotene) has several positive effects during pregnancy; it supports the growth of the placenta and embryonic development, including the growth and differentiation of epithelial and bone tissue, while also promoting a healthy immune system. It also supports healthy postpartum tissue repair.

B-complex vitamins **B1 (thiamine)**, **B2 (riboflavin)**, **B3 (niacin)**, **B5 (pantothenic acid)**, **B6 (pyridoxine)** and **B12 (cobalamin)** are key components of several enzymes that initiate important metabolic processes. B6 and B12 are especially important during pregnancy. Deficiencies are more likely to occur when the body requires more of these vitamins than usual, for instance to support the rapidly-growing embryonic tissue during pregnancy.

The liver needs **vitamin K1** for the formation of several coagulation factors, which allow the blood to clot properly. The body also needs vitamin K to synthesize proteins found in the plasma, bones and kidneys.

Vitamin D3 (as cholecalciferol) promotes the mobilization of calcium and phosphate in bone tissue and helps maintain proper calcium levels in the blood by increasing the absorption of calcium from food and

minimizing its loss through the kidneys. Vitamin D is also essential for proper cell growth. Deficiencies in vitamin D can lead to rickets, abnormal bone growth and delayed childhood development. Vitamin D deficiency has also been connected to a higher risk of complications during pregnancy.

MCHC®, or microcrystalline hydroxyapatite calcium, is a substance that makes up about 40 percent of bone and as much as 95 percent of dental enamel in humans. MCHC® delivers important minerals like calcium and phosphate, plus all other minerals found in healthy bone tissue, in a special microcrystalline delivery form for optimal absorption. Supplementing with MCHC® can help prevent deficiency in the developing baby, which can lead to skeletal deformation.

Pregnachron®

- ▶ A complete blend of doctor-recommended vitamins, minerals and trace elements to support optimum health of both mother and child
- ▶ Provides the essential building blocks for expectant and breastfeeding mothers, including omega-3 fatty acids
- ▶ Chronobiological formula ensures delivery of the proper nutrients at the right time of day

At a Glance

Pregnachron®

Folic acid, or vitamin B9, is a coenzyme that is essential for optimal functioning of all bodily systems and for a healthy pregnancy. A folic acid deficiency may lead to pre-term birth or embryonic malformations such as neural tube defects.

Like folic acid, **biotin** is a coenzyme involved in several important metabolic processes, and the need for this nutrient increases markedly during pregnancy and breastfeeding. Biotin deficiency, which can increase the risk of birth defects, is evident in as many as 50 percent of pregnant women.

DHA is a crucial omega 3 fatty acid that plays a key role in the development of the baby's nervous system, eyes, brain and heart. DHA plays an important role in maintaining a healthy pregnancy, and some studies show a correlation between DHA consumption during pregnancy and breastfeeding and increased brain development, visual development and higher birth weight.

Coral Calcium®: This substance regulates the pH value of the body; the more balanced the body's pH, the better its ability to absorb the active ingredients in Pregnachron®.

Bioperine®: This extract, derived from black pepper, boosts the bioavailability of the active ingredients in Pregnachron®.

Pregnachron® also provides important minerals and trace elements required by mother and child: **iodine**, crucial for cognitive development; **calcium**, important for both the baby's skeletal development and the mother's bone health; **magnesium**, a deficiency in which can contribute to complications during pregnancy and a higher risk for miscarriage; **iron**, important for the formation of blood, protecting against anemia and maintaining an optimal supply of oxygen to the growing baby; **zinc**, necessary for proper cell growth; plus copper, selenium, manganese, chromium and molybdenum to promote healthy energy levels, enhance bone health, support a healthy immune system and more.

Uses

Getting the right nutrients while pregnant is the key to a healthy pregnancy and a healthy baby. During pregnancy and breastfeeding, both mother and child require higher levels of certain vitamins and minerals. Although

eating a balanced diet is the best way to get the nutrients you need, it is easy to fall short on key vitamins and minerals unless you supplement with a daily prenatal supplement.

Pregnachron® was developed to provide complete prenatal support with a balanced combination of the most important vitamins, minerals, antioxidants and essential trace elements, plus the omega-3 fatty acids lacking in most prenatal formulas.

Pregnachron® should be taken on a preventative bases and not when symptoms or states of deficiency are already present. In cases where there is an existing deficiency of an individual substance, whether obvious or concealed, it should be established whether it would be more meaningful to take the specific substance separately. That being said, Pregnachron® may then be taken additionally on a supportive basis, but only under the supervision of a physician due to the risk of overdosage.

Composition

AM capsule (morning)		
	per capsule daily dose	
Vitamin A	750 mcg RAE/1500 mcg RAE	
(as beta-carotene)		
Lutein	60 mcg	120 mcg
Lycopene	60 mcg	120 mcg
Vitamin B6	1 mg	2 mg
Vitamin C	75 mg	150 mg
Vitamin D3	5 mcg	10 mcg
(as cholecalciferol)		
Vitamin E (as D-alpha tocopheryl acid succinate)	50 mg	100 mg
Vitamin K1	33 mcg	66 mcg
MCHC®	100 mg	200 mg
Manganese (Mn)	1 mg	2 mg
Chromium (Cr)	20 mcg	40 mcg
Molybdenum (Mo)	50 mcg	100 mcg
Iodine (I)	85 mcg	170 mcg
Selenium (Se)	35 mcg	70 mcg
Omega 3 complex	50 mg	100 mg
(contains EPA 30 mg, DHA 20 mg)		
Calcium (Ca)	150 mg	300 mg
Coral Calcium®	12.5 mg	25 mg
Bioperine®	1.25 mg	2.5 mg

in pharmaceutical grade. Other ingredients: magnesium stearate, SiO₂, tricalcium phosphate.

PM capsule (evening)

	per capsule daily dose	
Vitamin B1 (thiamine)	7.5 mg	15 mg
Vitamin B2 (riboflavin)	7.5 mg	15 mg
Niacinamide	9 mg	18 mg
Pantothenic acid	6 mg	12 mg
Vitamin B12	2 mcg	4 mcg
Folic acid	300 mcg	600 mcg
Biotin	100 mcg	200 mcg
MCHC®	100 mg	200 mg
Magnesium (Mg)	75 mg	150 mg
Iron (Fe)	7.5 mg	15 mg
Copper (Cu)	0,5 mg	1 mg
Zinc (Zn)	7.5 mg	15 mg
Omega 3 complex	50 mg	100 mg
(contains EPA 30 mg, DHA 20 mg)		
Calcium (Ca)	100 mg	200 mg
Coral Calcium®	12.5 mg	25 mg
Bioperine®	1.25 mg	2.5 mg

in pharmaceutical grade. Other ingredients: magnesium stearate, SiO₂.

Dosage

In normal cases take 2 capsules AM (yellow) in the morning and 2 capsules PM (blue) in the evening with plenty of fluid.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

Store in a cool and dry environment, out of reach for children.

Pregnachron® Product Groups

Pregnachron® can be found in the following product groups (www.vitabasix.com):

-  **Vitamins & Food supplements**
-  **Chronobiology**
-  **Women's health**

Manufacturer:



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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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