NutriDyn®

Everyday Essentials

Comprehensive Formula for Preconception, Pregnancy, and Nursing♦

Pregnancy

PRACTITIONER EXCLUSIVE

Everyday Essentials Pregnancy Supplementation

Everyday Essentials Pregnancy contains a comprehensive mix of essential vitamins and minerals to support health during preconception, pregnancy, and nursing.♦ Each bottle contains 30 packets of high-quality broad coverage supplements, including Prenatal and Omega Pure EPA-DHA 720.

Clinical studies widely accept that the nutrition of an expectant mother has an effect on the health of the fetus and the child later in life. Clinical research has demonstrated the efficacy of Everyday Essentials Pregnancy to:

- Support overall health and well-being during preconception, pregnancy, and nursing♦
- Support overall health and well-being for fetal development and the baby♦
- Promote a healthy gut microbiota♦
- Support balanced moods♦

How Everyday Essentials Pregnancy Works

Nutritional needs increase substantially during pregnancy in order to conceive and develop a healthy fetus and nurse a baby. The concentrated nutrients in Everyday Essentials Pregnancy may support nutritional gaps in the expectant mother's diet and provide the fetus with needed vitamins and minerals to promote healthy development.♦[1,2]

Everyday Essentials Pregnancy provides more folate and iron than standard prenatal multivitamins. Women who consume adequate folate in healthful diets during their childbearing years may reduce the risk of a pregnancy affected by spina bifida or other neural tube defects.[3,4,5] Iron supplementation may help support the expectant mother's cardiovascular system and support the fetus' healthy growth and development.♦[6,7]

What sets NutriDyn's Prenatal formula apart is the addition of 2'-FL (fucosyllactose) and vitamin B6. Clinical studies show that oral supplementation with 2'-FL during pregnancy may support the child's cognitive abilities and help promote a healthy gut microbiota for the mother.♦[8,9] To further support the health and well-being of the mother and child, vitamin B6 is included to help support balanced moods.♦[10,11]

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Everyday Essentials Pregnancy also contains Omega Pure EPA-DHA 720 as an additional source of essential nutrients for mother and baby during preconception, pregnancy, and nursing. Research shows that omega-3 essential fatty acids EPA and DHA support immune function and healthy fetal neuronal and retinal function.♦[12,13] Research also shows omega-3 fatty acid intake supports healthy and balanced moods becoming a critical component in supporting the overall health and wellness of mother and baby.♦[14,15,16]

Why Use Everyday Essentials Pregnancy?

Research cited herein suggests that supplementation with Everyday Essentials Pregnancy may help support and promote the health of mother and baby during preconception, pregnancy, and nursing.♦

Supplement Facts

Serving Size: 1 Packet
Servings Per Container: 30

Ingredients:	Amount	%DV*
Calories	25	
Total Fat	2.5 g	3%*
Cholesterol	15 mg	5%*
Protein	<1 g	
Vitamin A (80% as mixed carotenoids and 20% as retinyl palmitate)	1,500 mcg RAE	115%
Vitamin C (as ascorbic acid and niacinamide ascorbate)	500 mg	417%
Vitamin D3 (as cholecalciferol)	50 mcg	333%
Vitamin E (as d-alpha tocopheryl succinate)	82 mg	432%
Vitamin K (as phytonadione)	100 mcg	111%
Thiamin (as thiamin mononitrate)	5 mg	357%
Riboflavin	5 mg	313%
Niacin (as niacinamide ascorbate)	25 mg NE	139%
Vitamin B6 (as pyridoxal-5'-phosphate and pyridoxine HCl	20 mg	1,000%
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	1,700 mcg DFE	283%
Vitamin B12 (as methylcobalamin)	125 mcg	4,464%
Biotin	300 mcg	857%
Pantothenic acid (as calcium-d-pantothenate)	25 mg	357%
Choline (as choline bitartrate)	175 mg	32%
Calcium (as calcium citrate)	400 mg	31%
Iron (as ferrous bisglycinate chelate) (Ferrochel™)	30 mg	111%
Iodine (as potassium iodide)	200 mcg	69%
Magnesium (as magnesium oxide)	300 mg	75%
Zinc (as zinc bisglycinate chelate) (TRAACS™)	20 mg	154%
Selenium (as selenium chelate)	200 mcg	286%
Copper (as copper citrate)	2 mg	154%
Manganese (as manganese citrate)	1.2 mg	46%
Chromium (as chromium nicotinate glycine chelate) (TRAACS™)	150 mcg	333%
Molybdenum (as molybdenum amino acid chelate)	50 mcg	100%
2'-Fucosyllactose (2'-FL)	200 mg	**
Inositol	50 mg	**
Total Omega-3 Fatty Acids	1.6 g	**
EPA (Eicosapentaenoic acid)	860 mg	**
DHA (Docosahexaenoic acid)	580 mg	**
Additional Omega-3 Fatty Acids	160 mg	**

Other Ingredients: Prenatal: Hypromellose, microcrystalline cellulose, silica. **Omega Pure EPA-DHA 720:** Highly concentrated omega-3 fish oil (anchovy, sardine, mackerel), capsule shell (gelatin, glycerin, purified water), natural lemon/lime flavor, proprietary antioxidant blend (consisting of natural tocopherols, rosemary extract, and ascorbyl palmitate). **Contains: Fish (anchovy, sardine, mackerel).**

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Directions: Take one packet daily or as directed by your healthcare practitioner.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women or women who may become pregnant should not exceed 3,000 mcg RAE (10,000 IU) of preformed vitamin A (retinyl palmitate) per day. Contains fish oil. Do not use if you are allergic to fish or fish oil. Keep out of reach of children.

Caution: Consult your healthcare practitioner if pregnant, nursing, or taking nutritional supplements or medications.

References:

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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.

NON-GMO

GLUTEN-FREE

PRODUCED IN A cGMP FACILITY

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