

**PRENATAL NATURAL SOURCE  
MULTIVITAMIN  
UPC CODE 0 646420 2666 8**

**NATURAL HEALTH PRODUCTS  
DIRECTORATE (NHPD) CLAIMS:**

**NHPD claims pending for Jamieson Prenatal  
Multivitamin are:**

- Multivitamin and mineral supplement for the maintenance of good health.
- Folic acid helps to prevent neural tube defects when taken daily prior to becoming pregnant and during early pregnancy.

**GENERAL INFORMATION**

Pregnancy involves numerous physical and mental changes in the mother's body as the fetus develops. The tissues in the breasts and uterus increase, the blood supply increases, there is slight nausea, the menstrual period is absent, and the need for sleep and fluids is increased. Because of these changes, all nutritional needs of the mother increase in preparation for the newborn baby.

The daily requirements for most of the essential vitamins and minerals are increased during pregnancy, generally to provide the developing fetus with the required nutrients and to provide the extra energy that is required by the mother in order to store the energy that will be required for lactation. Maternal deficiencies will result in the decreased health status of the mother, as the fetus generally takes what it needs for most of the vitamins and minerals at the expense of the mother.

Folic acid, iron, vitamin B12, and zinc are needed in greater amounts, and these are the nutrients most likely to be deficient in pregnant women. Folic acid is needed for the formation of new red blood cells; a lack of this important B vitamin can cause anemia, low birth weight babies, and neural tube birth defects, such as spina bifida. During pregnancy, iron is required for red blood cell

expansion in both the mother and the fetus. Extra iron is needed, especially if iron stores are not optimal prior to pregnancy. The developing fetus requires sufficient stores, as soon after birth there is a significant decrease in the infants' iron stores. Jamieson Prenatal Natural Source Multivitamin is nutritionally balanced for the requirements of the expecting mother, and supplies her fetus with the proper nutrients for healthy development.

Jamieson Prenatal Natural Source Multivitamin contains an advanced and complete matrix of 13 vitamins, including 1,000 mcg of folic acid, as well as eight minerals, including 28 mg of iron. It is formulated with digestive enzymes and prepared in a natural base of acerola cherry, rosehips and the vitamin C co-nutrient factors of rutin, hesperidin and lemon bioflavonoids. The addition of digestive enzymes to the formula and chelated minerals makes Jamieson Prenatal Natural Source Multivitamin a highly bioavailable formula that is gentle on the stomach and does not cause upset. This formula has been enhanced with 400 IU of vitamin D<sub>3</sub>. Vitamin D, also known as "the sunshine vitamin", helps calcium absorption, promoting healthy bones, skin and teeth and is especially important during pregnancy.

Jamieson Prenatal Natural Source Multivitamin is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity.

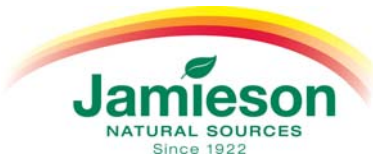
What makes Prenatal Natural Source Multivitamin from Jamieson Laboratories different...and why does that difference mean better?

- 1) Formulated with natural vitamin E. This is more bioavailable than its synthetic counterpart
- 2) Now contains a higher level (400 IU) of Vitamin D<sub>3</sub>
- 3) Formulated with Vitamin D<sub>3</sub> as opposed to D<sub>2</sub>. This is a more bioavailable form of Vitamin D
- 4) Gentle on the stomach, does not cause upset, so compliance is improved.

**For Accidental Overdose** (such as child ingesting formula)  
Dial 911, 0 for operator assistance or call your nearest Poison Control Centre.

**For Professional Use Only**  
The information contained here has been accumulated from many sources.  
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

For more information please visit [www.jamiesonvitamins.com](http://www.jamiesonvitamins.com) or call 1-800-265-5088 to speak to a Consumer Affairs representative



- 5) Uses chelated mineral sources for optimal nutrient absorption
- 6) Contains 1,000 mcg of folic acid to help prevent neural tube birth defects
- 7) Contains a higher level of iron (28 mg) to support the increase in blood volume during pregnancy
- 8) A higher calcium level supports healthy growth of the fetal skeleton
- 9) Our premium formulations are manufactured in Windsor, Ontario, according to a minimum of 360 quality-assurance tests that guarantee each product's safety, full potency and absolute clinical purity

**Minerals:**

- Calcium .....200 mg  
(HVP\* chelate & carbonate)
- Magnesium .....100 mg  
(HVP\* chelate & oxide)
- Zinc .....20 mg  
(HVP\* chelate)
- Iron .....28 mg  
(HVP\* chelate & ferrous fumarate)
- Copper.....1000 mcg  
(HVP\* chelate)
- Chromium .....25 mcg  
(HVP\* chelate)
- Manganese.....5 mg  
(HVP\* chelate)
- Iodine .....150 mcg  
(kelp)

**INGREDIENT INFORMATION**

Available as 100 caplets.

Each caplet contains:

**Vitamins:**

- Vitamin A .....300 mcg RAE/1000 IU  
(acetate)
- Beta-Carotene .....1080 mcg/540 mcg RAE
- Vitamin D<sub>3</sub>.....10 mcg/400 IU  
(cholecalciferol)
- Vitamin C.....150 mg  
(ascorbic acid)
- Vitamin E.....20 mg AT/30 IU  
(d-alpha tocopheryl succinate)
- Vitamin B<sub>1</sub>.....3 mg  
(thiamine mononitrate)
- Vitamin B<sub>2</sub> .....3.75 mg  
(riboflavin)
- Vitamin B<sub>6</sub> .....10 mg  
(pyridoxine HCl)
- Vitamin B<sub>12</sub>.....10 mcg  
(cyanocobalamin)
- Niacinamide.....22 mg
- Pantothenic Acid.....10 mg  
(calcium d-pantothenate)
- Biotin.....30 mcg
- Folic acid ..... 1000 mcg  
(folate)

**Other Ingredients:**

- Digestive Enzymes.....8 mg  
(derived from Bromelain, Papain, Lipase, Amylase and Cellulase)
- Rutin .....1.6 mg  
(*Dimorphandra mollis*, pod)
- Hesperidin Complex.....1.6 mg  
(*Citrus limon*, *Citrus grandis*, *Citrus sinensis*, rind)
- Lemon bioflavonoids .....1.6 mg  
(*Citrus limon*, rind)
- Acerola cherry.....1.6 mg  
(*Malpighia glabra*, fruit)
- Rosehips .....1.6 mg  
(*Rosa canina*, fruit)

\*HVP (Hydrolyzed Vegetable Protein)

**EXCIPIENTS**

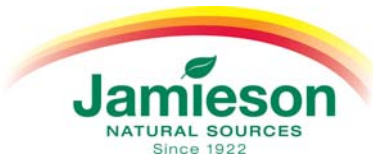
Microcrystalline cellulose, modified cellulose gum, vegetable stearic acid, vegetable magnesium stearate, silica, natural peppermint flavour, water-soluble cellulose, polyethylene glycol, Brazilian palm tree wax.

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## DOSAGE

Adults- Take one caplet daily with meal. For adults only.  
Store between 15°C-25°C away from children.

## INDICATED BENEFITS

- Supplies expecting mother with optimal levels of nutrients.
- Essential for normal metabolism and physical well being of expecting mothers.
- Folic acid prevents neural tube birth defects.
- Prevents nutrient losses that can occur with frequent morning sickness.
- Antioxidant protection.
- Gentle, easy-to-digest formula.

## NUTRIENT INTERACTIONS

Consult a pharmacist or healthcare practitioner prior to use about potential interactions that could occur between this multivitamin-mineral formula and any medications you are currently taking. Take a few hours before or after taking other medications.

## WARNINGS AND PRECAUTIONS

This product contains enough iron to seriously harm a child. Keep out of reach of children. Consult a healthcare practitioner prior to use if you have impaired liver function.

## TOXICITY, ADVERSE REACTIONS, AND SIDE EFFECTS

Do not exceed recommended dosage. Side effects may include nausea, vomiting, constipation, black stools or diarrhea. Taking this product with meals may help to reduce these effects.

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