

Pregnant and Nursing Mothers

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Note: to have optimal response, all recommendations begin with **Ultra Vites** and **Ultra Omega-Linic**.

This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.

Nutrient	Product	Quan
Essential Fatty Acids (Preformed GLA,EPA, DHA)	Ultra Omega-Linic	4-12
Broad spectrum, Bio Available, Multiple Vitamin Mineral	Ultra Vites *	2
An Iron chelate supplement	Essential Prenatal Complex	1
Calcium and Magnesium 2:1	Ultra Cal-Mag Chelate	3
or for higher levels of calcium & magnesium	Calcium D chelate	3
	Ultra Magnesium Chelate	1-3
Additionally when suffering from nausea:		
Ginger	Ginger 4:1	1-3
Consider for cold and flu prevention		
Monolaurin	Ultra Monolaurin	1-4 scoops
* with Active Methyl B Vitamins		

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Have an easier pregnancy - and a smarter baby...

ESSENTIAL FATTY ACIDS

During pregnancy the needs of the mother increase significantly because she is providing nourishment for two. In particular, the baby needs essential fatty acids for brain and retina development. These will be delivered to the baby at the expense of the mother's reserves. If the mother supplements with **Ultra Omega-Linic**, not only will there be an adequate supply for the baby, but she can minimize the likelihood of post partum depression.

Give your baby a healthy start. DHA, naturally a part of Ultra Omega-Linic, is important for the development of brain and other neurological structure, and cannot be synthesized from other omega 3 sources such as flax seed oil. It *must* be supplemented, as DHA, from fish or algal oil.

A SUPERIOR MULTI

Studies have shown that supplementing with active B Vitamins, as are in **Ultra Vites**, improves the nutritional status of pregnant women. When pregnancy is planned (*or possible*) it is important to meet all the nutritional requirements in advance of pregnancy.

The question has been asked: Are all prenatal vitamins the same? Most pre natal supplements contain at least the minimum daily requirements of the 'essential' nutrients. What you will find is that products vary in the amount of specific nutrients and their forms.

It is well documented that a deficiency of folic acid presents the risk of neural tube defects. L-MethylFolate is a form that is readily available.

This may be a better alternative than folic acid because it ensures delivery of this nutrient for the estimated 40% to 60% of the population which has a genetic inability to make the conversion in the body. Another reason to consider Ultra Vites is that a single B-Vitamin needs the other B-Vitamins to do its work.

Essential Prenatal Complex provides 18 mg Iron when Iron is necessary - along with folic acid and Rubus Idaeus (Red Raspberry) leaf.

Mothers can safely use **Ginger** for nausea.

Consider **Ultra-Monolaurin** at 1 scoop per day to prevent upper respiratory infections, including influenza. While there have been no studies on the use of monolaurin in pregnant and nursing mothers, it has been used by them for years. It is also a component of human mother's milk. Taking it while nursing increases the level of lauric acid in the breast milk, thus offering a greater level of protection to the infant.

Other Safe Supplements for consideration during pregnancy	
Vitamin C	For high histamine, colds, immune support Ultra Chew C, Vitamin C-500, Ultra C-1000
Ultra Magnesium chelate	For constipation, muscle cramps/spasms
Ultra-Folic, B6, B12	for nausea and even more b vitamins
Ultra 4x6 Probiotic	for yeast infections, GI complaints
If Chaste Tree is being used continue until the end of the first trimester to support progesterone, then stop	

Contact us if you have questions.



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