

How does Vitamin Packs

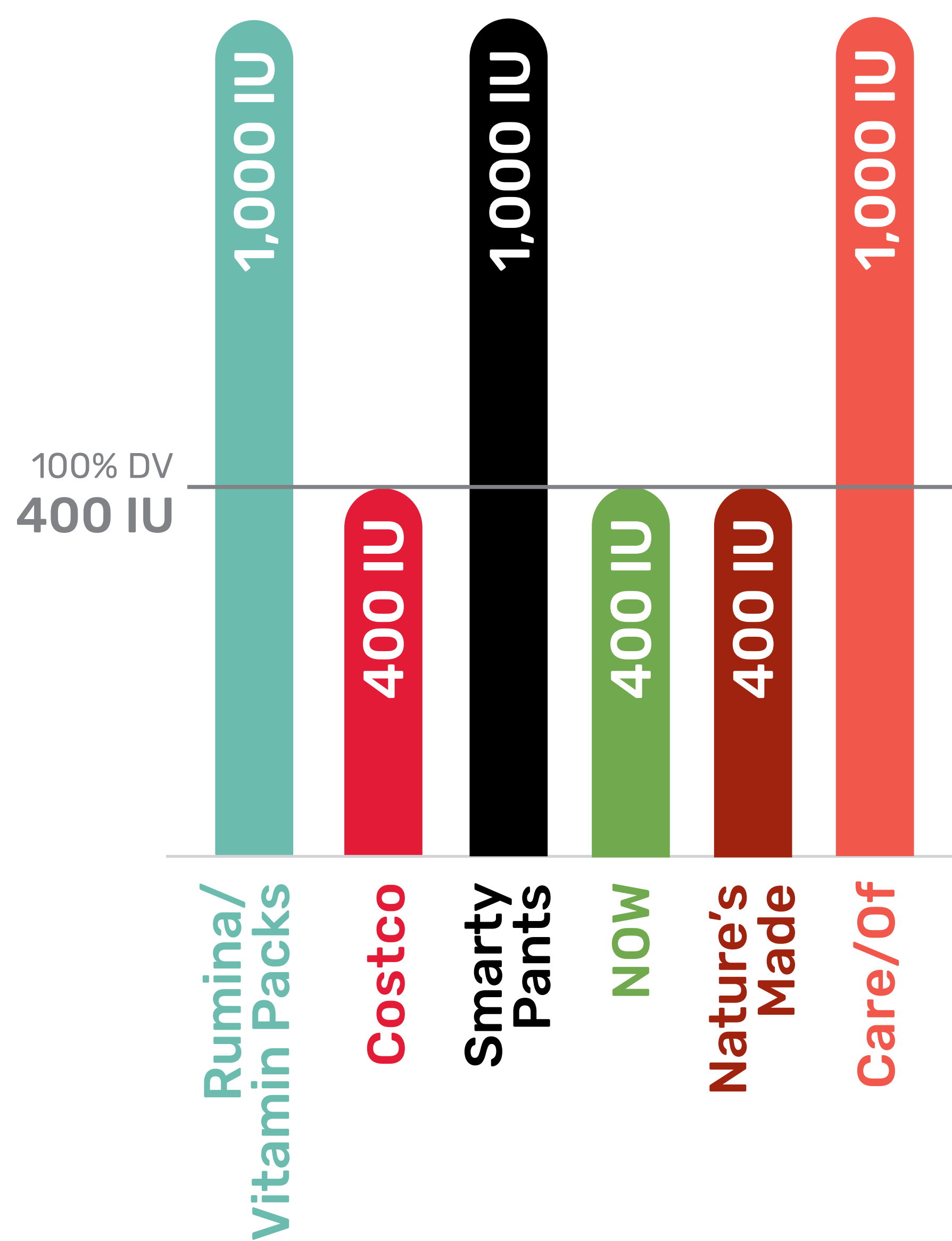


Pre-Post Natal Multi™

Stack up Against the Others?

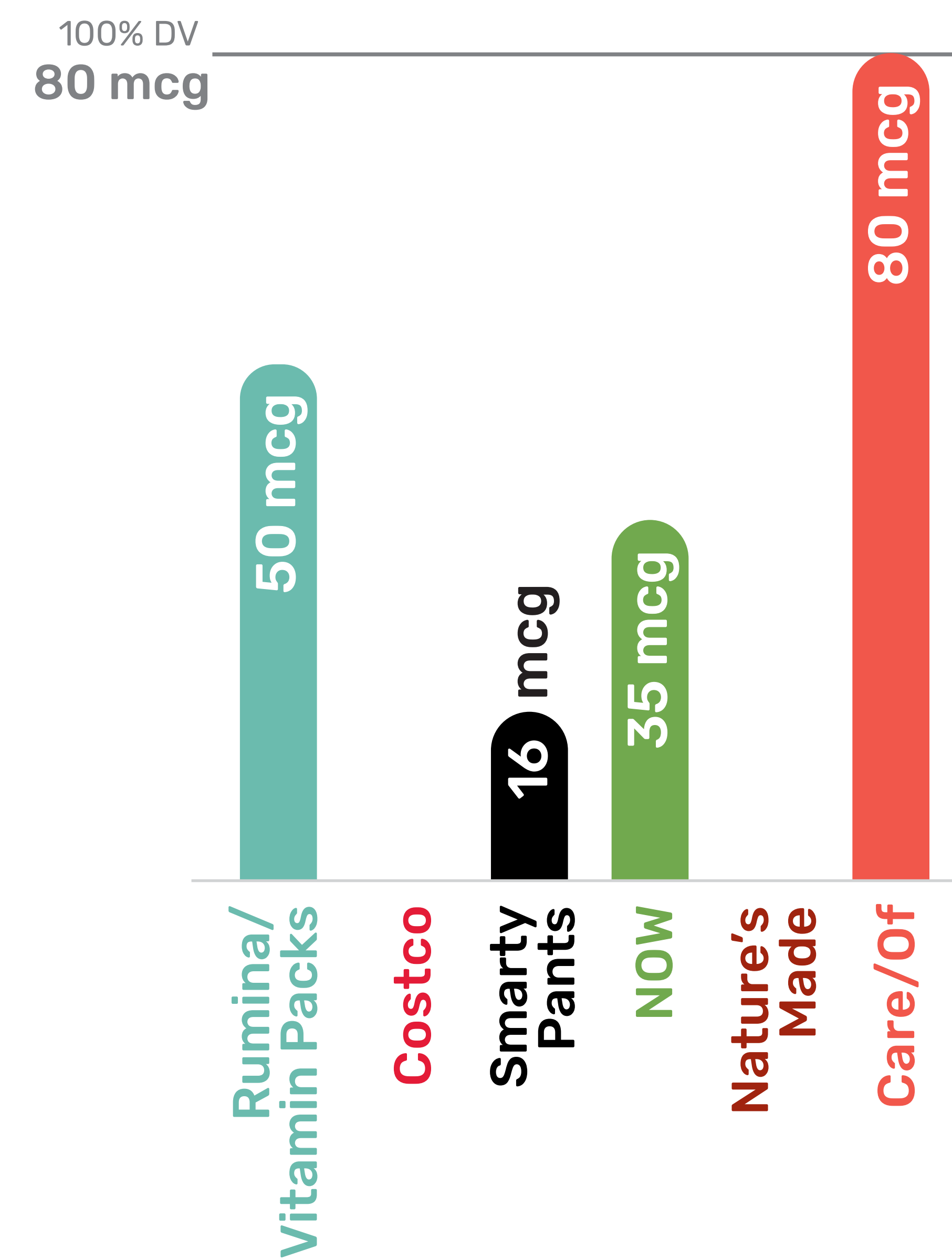
We get it – you are now in charge of caring, nurturing and growing a new human life. You will do everything you can to nourish your little one to give them the best start possible. Through health care practitioner experience and scientific research from our Medical Advisory Board, Naturopaths and Nutritionists, we created our new Pre-Post Natal Multi with you in mind. During this period of rapid growth and development your body needs to be able to quickly intake nutrients, absorb nutrients and ensure they get to where they are needed most. Your job isn't easy and you often experience an upset stomach along the way. We get you.

Vitamin Packs partnered with Rumina Naturals™ to develop a pre-postnatal multivitamin that features natural ingredients and at the highest absorption levels. We offer a vegetarian option to ensure all moms are getting the nutrients they need without sacrificing their dietary preferences. Through our assessment, you will receive a customized nutrient recommendation developed just for you. Get started today at www.vitaminpacks.com.



Vitamin D

Emerging research is demonstrating the importance of this vitamin in pregnancy and preeclampsia has been associated with vitamin D deficiency in women. That is why Vitamin Packs exceeds the DV in this vitamin.



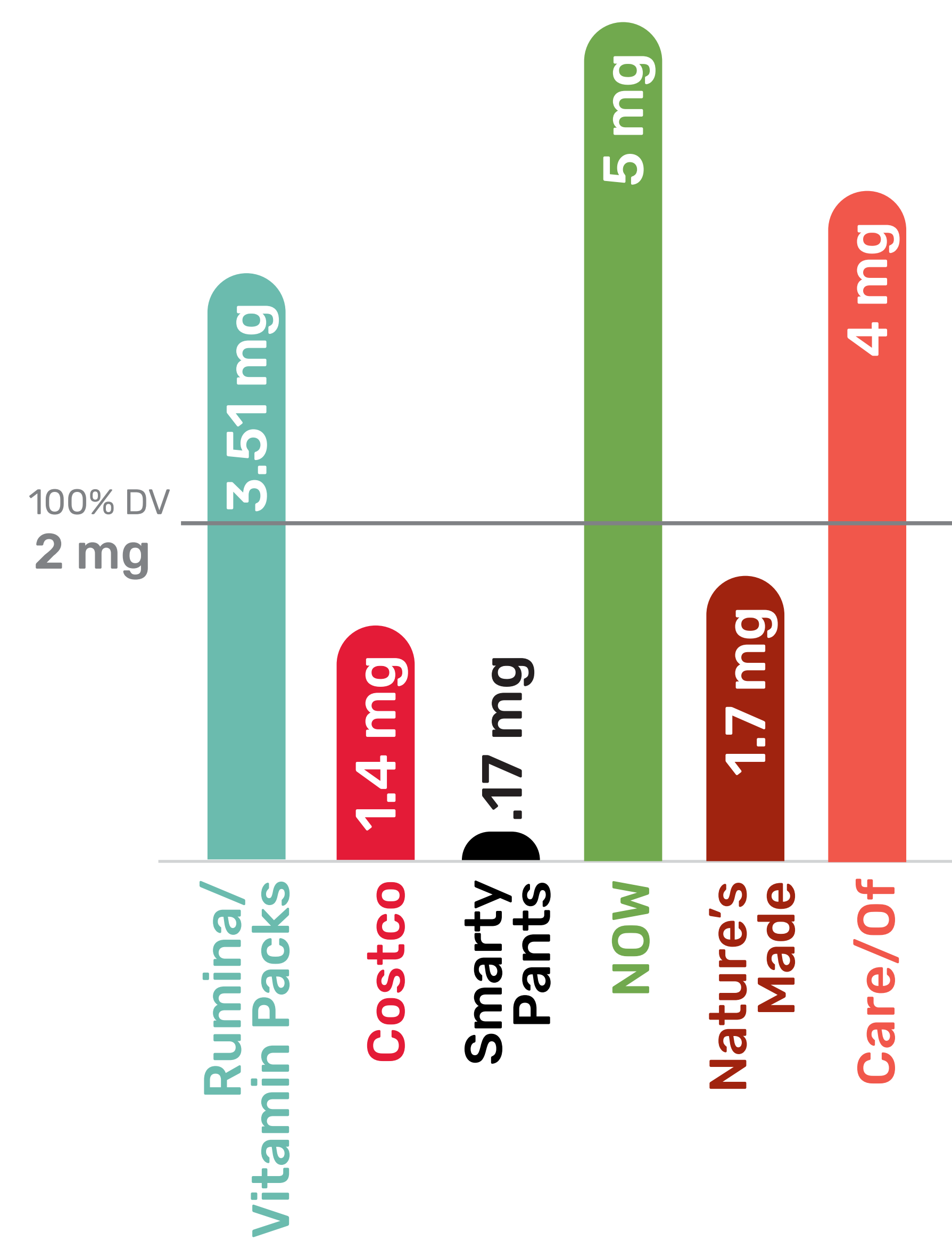
Vitamin K

Due to its blood thinning properties Vitamin Packs offers it in a low dose, however up to 80% of the population is deficient and so getting enough of this vital vitamin is necessary. We chose K2 because we feel that it offers more benefits in bone formation and growth.



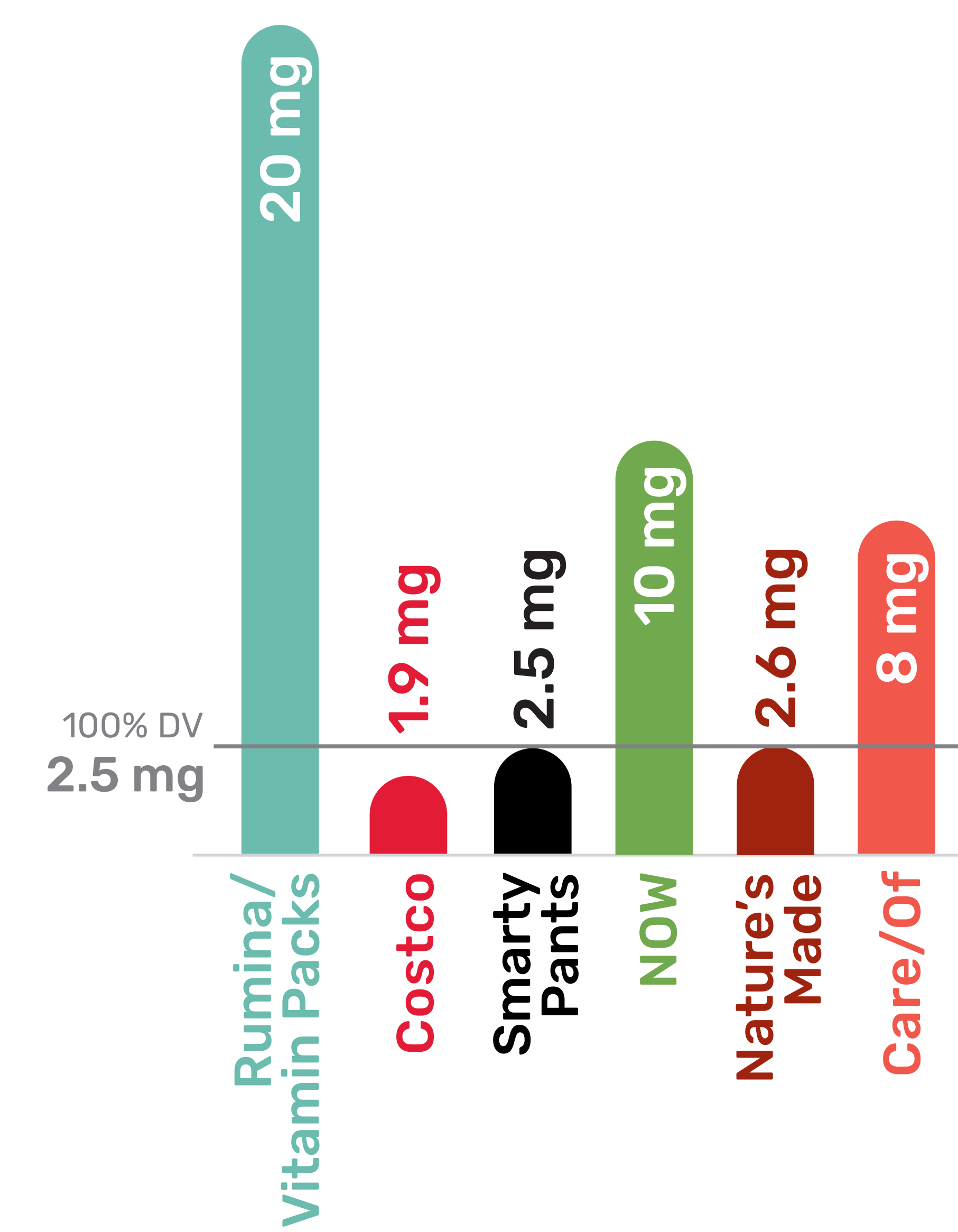
Thiamin

Since thiamin plays a major role in the development of your baby's brain, we have opted to exceed the DV and safely offer 4 mg of thiamin.



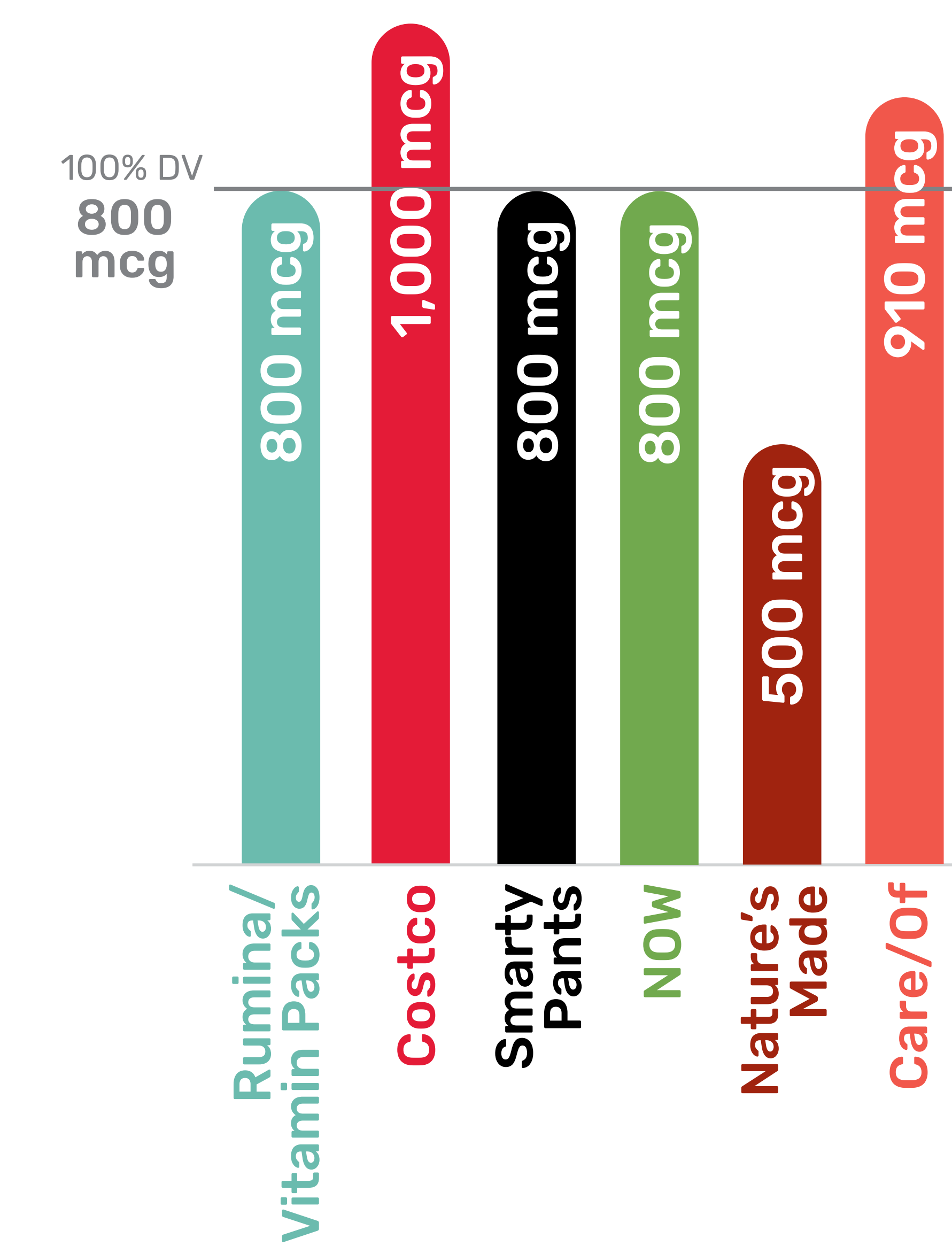
Riboflavin

Our Medical Advisory Board chose the active and more absorbable form of riboflavin, riboflavin-5-phosphate for mom and baby with 3.51 mg as opposed to sticking to the DV, because riboflavin helps baby's growth, vision, skin, bones, muscle and nerve development. Riboflavin is also essential for helping to reduce the incidence of preeclampsia.



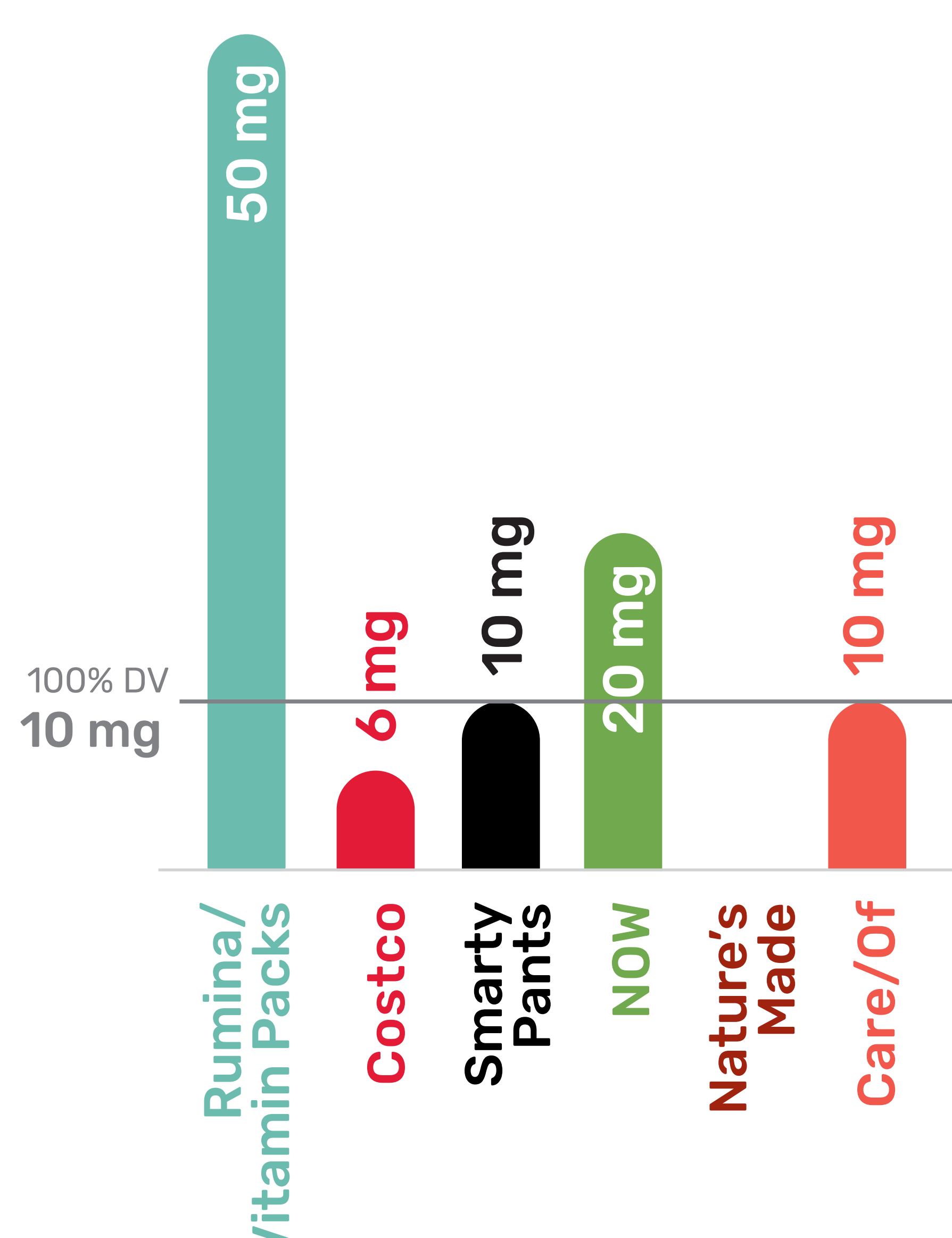
Vitamin B6

Unlike the competitors Vitamin Packs offers the more active and absorbable form of vitamin B-6, pyridoxal-5-phosphate, vitamin B6 is so essential for red blood cell and brain development. It also helps mom with supporting neurotransmitter production for mood and nausea.



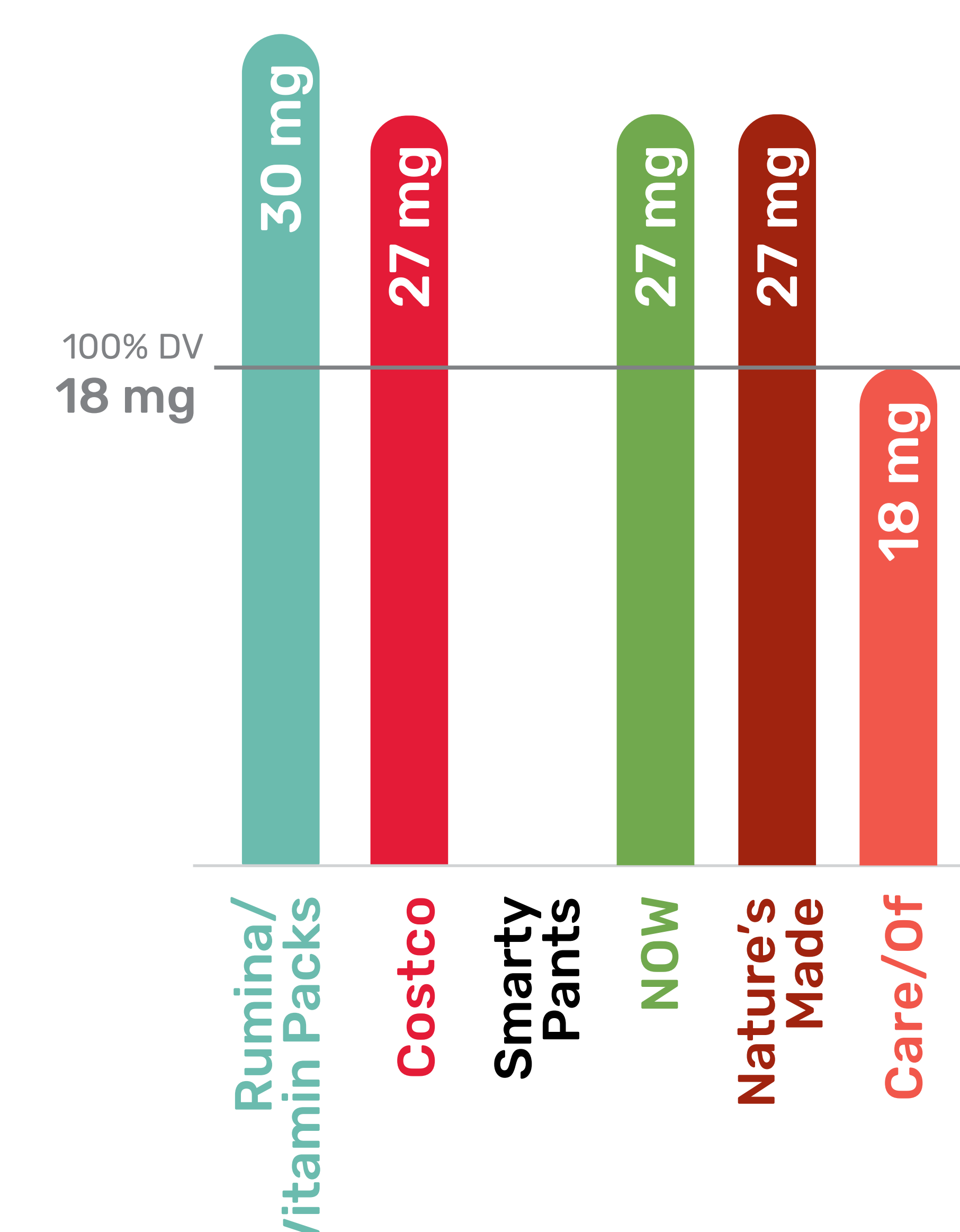
Folate

Having the perfect dosage of folate is essential, which is why Vitamin Packs meet the DV and chose the more efficient and absorbable form of tetrahydrofolate. Folic acid reduces the risk of spina bifida and helps your baby to grow, we are the only one to offer highest quality folate.



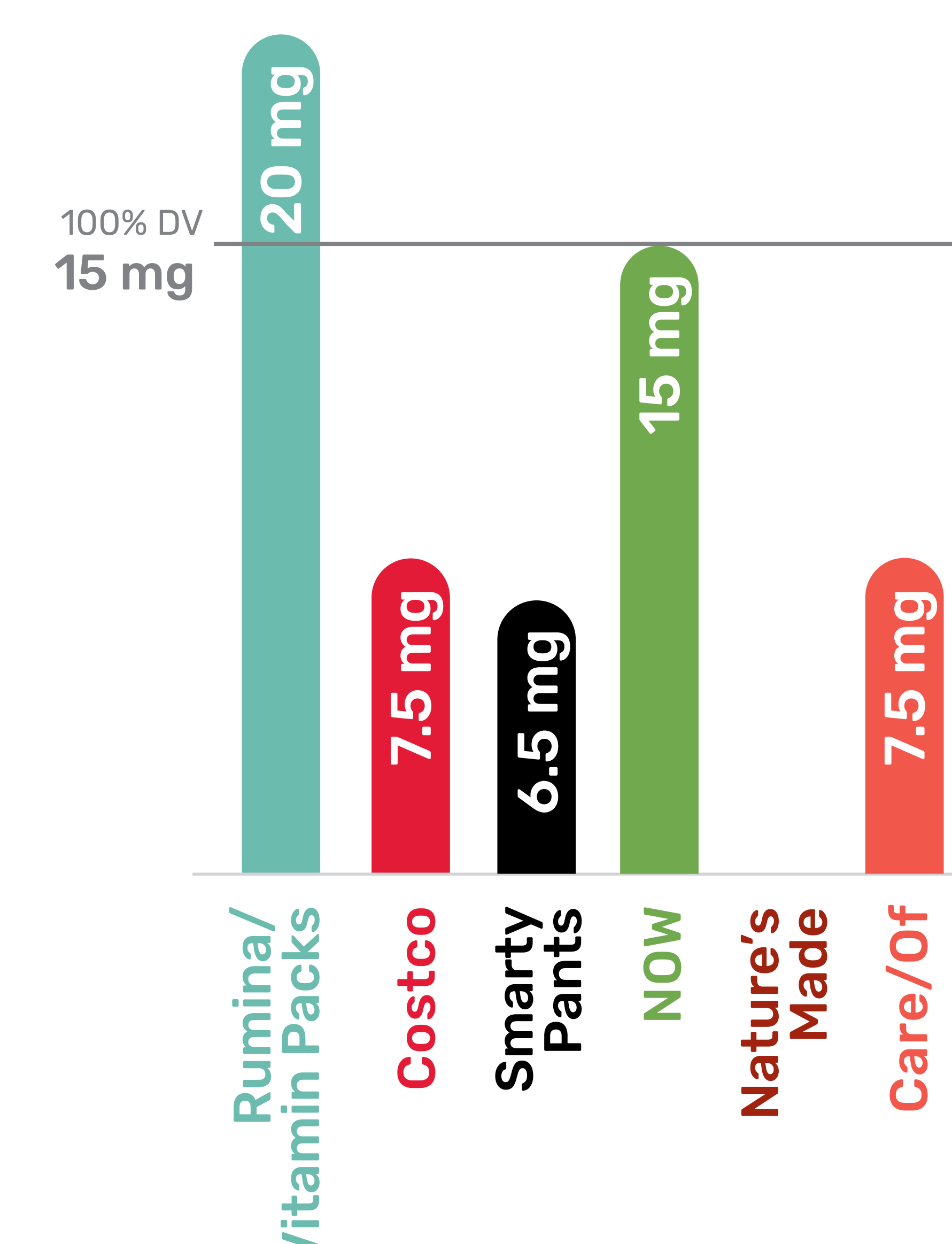
Pantothenic Acid

Vitamin B5 or pantothenic acid can help with leg cramps often found in pregnancy and it also helps to regulate all of those hormones that are flowing through moms, that's why we exceed the DV and offer 50 mg instead of 10 mg.



Iron

Over recent decades iron-deficient anemia has remained high in pregnant women and so we offer 30 mg of iron (almost double the DV). The RDA of iron is 27 mg, the absorption of iron is decreased when taken in a prenatal and not by itself, which are two more reasons why we offer this dose. A general recommendation is that pregnant women take 30 mg of iron.



Zinc

Because we offer 30 mg of iron and iron can deplete zinc at this level we exceed the DV, offering 20 mg instead of 15mg. Your zinc levels can go down by about 30 percent during pregnancy, so it is important that you have adequate supplies is another reason we have opted to exceed the DV.