References

Morning sickness.
It’s as much a part of pregnancy as painting the nursery.

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.

For Important Safety Information, please see page 18. Please see accompanying Full Prescribing Information.
PreferaOB®
A family of prenatal vitamins for the health of your baby. And you.

Congratulations! This is an exciting time!
Now that you’re pregnant, or just preparing to get pregnant, you’re doing everything for two. One of your first choices is which prenatal vitamin to take. Naturally, a vitamin’s most important job is to deliver essential nutrients that support the growth and development of your child. Your health and well-being matter as well.

Every PreferaOB® product offers nourishing ingredients for both babies and moms.

Fatigue
A unique combination of heme and nonheme iron increases overall absorption by up to 40% to help maintain your energy level.1-3

Constipation
Better absorbed heme and nonheme iron reduce the likelihood you’ll experience constipation.4

Nausea and vomiting
50 mg of vitamin B₆, one of the highest prenatal doses available, can help ease morning sickness.5,6

The PreferaOB® family of prenatal vitamins offers all the established benefits of docosahexaenoic acid (DHA) and folic acid.7-9

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A unique dual iron combination to help you maintain energy.

During pregnancy, blood production increases dramatically to support your growing baby, which can result in a depletion of iron stores.\textsuperscript{2,10-12} Iron-deficiency anemia can also be caused by impaired iron absorption.\textsuperscript{2} The result? You’ll feel tired.

The heme and nonheme iron found in the PreferaOB\textsuperscript{®} family of products act together to increase overall iron absorption by 40% and help maintain your energy by stabilizing iron levels.\textsuperscript{1-3}

What are heme and nonheme iron?

Heme iron and nonheme iron each come from a different source and, combined, enable the body to absorb the available iron more effectively than from a single nonheme source.\textsuperscript{3}

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**Heme and nonheme iron increase overall iron absorption by 40%, helping to stabilize iron levels and maintain your energy.**\textsuperscript{1-3}

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Dual iron. Dual benefits.

Heme and nonheme iron do more than reduce fatigue. They decrease the likelihood of experiencing constipation. Most prenatal vitamins include an iron supplement to counter iron depletion. These vitamins, however, contain nonheme-derived iron. And nonheme iron alone frequently causes constipation.

The unique combination of heme and nonheme iron found in the PreferaOB® family of products is associated with significantly fewer gastrointestinal (GI) side effects compared to nonheme iron alone.

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Vitamin B₆ can help ease pregnancy-related nausea and vomiting.⁵,⁶

Nausea and vomiting are common in early pregnancy, affecting 70% to 85% of moms-to-be.⁵ Treatment of morning sickness symptoms in the early stages can be beneficial in supporting a healthy pregnancy.⁶

PreferaOB® contains the vitamin B₆ found in other prenatal vitamins. And then some.
Most prenatal vitamins contain vitamin B₆, but it may not be in high enough concentrations to address the morning sickness you may experience. The 50-mg dose of vitamin B₆ found in PreferaOB® products is one of the highest doses available in a prenatal vitamin and can help alleviate pregnancy-related nausea and vomiting.⁵,⁶

Vitamin B₆ is good for you. It’s essential for your baby.
For all it does to help ease your morning sickness, vitamin B₆ is even more important in your baby’s development, playing a key role in¹⁴:

- Normal physiological function
- Supporting macronutrient metabolism
- Red blood cell, antibody, and neurotransmitter synthesis

For this reason, it is also vital to fetal brain and nervous system development.¹⁵ The vitamin B₆ in PreferaOB® products ensures mom and baby are well provided for.⁵,⁶

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Folate and folic acid help prevent birth defects.

Folate is a B vitamin that helps prevent serious abnormalities of the brain and spinal cord called neural tube defects.\textsuperscript{15-18}

Folate occurs naturally in green leafy vegetables like spinach and collard greens. Oranges, lemons, and other citrus are also high in folate. Folic acid, the synthetic form of folate, can be found in fortified foods such as cereals, bread, flour, pasta, crackers, and orange juice.\textsuperscript{9,16}

EXPERTS RECOMMEND that before pregnancy and during early pregnancy women consume 400 micrograms of folic acid daily in order to reduce the risk of neural tube defects.\textsuperscript{9,16}

PREFERA OB\textsuperscript{®} PRODUCTS contain 1 mg (1000 mcg) of folic acid.

FOLIC ACID in fortified foods NATURALLY occurring folate

PreferaOB\textsuperscript{®} provides the folic acid women may not obtain through diet alone.\textsuperscript{16}

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DHA is vital to the development of your baby’s brain, eyes, and nervous system. It may even help support your well-being after delivery.\(^{19-21}\)

*PreferaOB+DHA®* and *PreferaOB ONE®* contain plant-based *life’sDHA™*.

DHA supplementation during pregnancy has been shown to significantly increase length of gestation, helping moms carry to a healthy or full term.\(^{20,22}\)

DHA is also essential for\(^\text{20}\):

- Normal fetal growth
- Neurologic development and function
- Learning and behavioral development

During pregnancy, DHA is naturally transferred from you to the growing baby to support optimal development.\(^{19,20}\)

**Why *life’sDHA™*?**

The DHA found in *PreferaOB®* products comes from a sustainable plant-based source called *life’sDHA™*, produced in an FDA-inspected facility to ensure the highest quality.\(^{23}\)

- DHA is important for optimal infant brain, eye, and nervous system development\(^{19,20}\)
- *life’sDHA™* is found in most baby formulas\(^{24}\)
- *life’sDHA™* is plant-based, with no ocean-borne contaminants or fish allergens\(^{23}\)

*PreferaOB+DHA®* and *PreferaOB ONE®* meet the *MARCH OF DIMES®* recommendation that pregnant women get 200 mg of DHA daily.\(^{7,8,25}\)

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Choosing the PreferaOB® product that’s right for you.

Talk with your doctor about your specific needs. Whichever PreferaOB® prenatal vitamin you both feel works best, rest assured that you’ll be doing the right thing for the growth and development of your baby, and for your health and well-being too.

Our unique formulation of vitamins, minerals, and essential nutrients include:

- Dual iron combination of heme and nonheme iron that causes less constipation and provides better absorption than traditional iron sources\(^4\)

- \(50 \text{ mg of vitamin } B_6\) to help alleviate morning sickness\(^6\)

- Plant-based life’sDHA\(^\text{™}\) to support infant brain, eye, and nervous system development with no ocean-borne contaminants or fish allergenicity\(^{19,20,23}\)

- \(1 \text{ mg of folic acid}\) to help reduce risk of neural tube defects\(^{15-18}\)

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### PREFERAOB® FAMILY OF PRODUCTS COMPARISON\(^{7,8,26}\)

<table>
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<th>PreferaOB+DHA®</th>
<th>PreferaOB ONE®</th>
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<td><strong>VITAMINS</strong></td>
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<td>1 tablet + 1 softgel capsule</td>
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A complete source of vital prenatal nutrition.

preferaOB®

Not only do PreferaOB® prenatal vitamins include 15 key vitamins and minerals, but they’re contained within a conveniently small tablet (about the size of a small jellybean) that you can take with or without food, so it’s easier on the stomach.4,26

preferaOB+DHA®

PreferaOB+DHA® prenatal vitamins contain all 15 key vitamins and minerals of PreferaOB® with an added DHA supplement. PreferaOB+DHA® is also an excellent choice for convenience and flexibility, as you can take the 2 pills separately at any time of the day.

preferaOB ONE®

PreferaOB ONE® prenatal vitamins contain 12 key vitamins and minerals, including DHA, and are available in a single capsule. As one of the most comprehensive single softgels with DHA, PreferaOB® is a convenient choice.

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IMPORTANT SAFETY INFORMATION:

CONTRAINDICATIONS: This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.

WARNING: Ingestion of more than 3 grams of Omega-3 fatty acids per day has been shown to have potential antithrombotic effects, including an increased bleeding time and International Normalized Ratio (INR). Administration of Omega-3 fatty acids should be avoided in patients taking anticoagulants and in those known to have an inherited or acquired predisposition to bleeding diathesis.

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PRECAUTIONS: Folic acid when administered as a single agent in doses above 0.1 mg daily may obscure pernicious anemia in that hematological remission can occur while neurological manifestations remain progressive. Pregnant women and nursing mothers should avoid supplemental doses of vitamin E higher than RDA amounts. While prescribing this nutritional supplement for pregnant women, nursing mothers, or for women prior to conception, their medical condition and other drugs, herbs, and/or supplements consumption should be considered.

ADVERSE REACTIONS: Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

Please see accompanying Full Prescribing Information.