



# Prenatal

*Quest Prenatal is a high-quality, well-balanced multivitamin and mineral supplement designed specifically for mothers-to-be. Formulated as a capsule, this supplement is easily absorbed and easy to swallow, and it provides expecting mothers with optimal levels of nutrients to support fetal growth and development, including a daily dose of 1 mg of folic acid to protect the infant from neural tube defects such as spina bifida.*



PRODUCT CODES:

338289 (100 veggie capsules)

338645 (180 veggie capsules)

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain the overall good health of mother-to-be	Capsules	Adults 19 years and older take 1 capsule three times daily with a meal. Take a few hours before or after taking medication.

## DESCRIPTION:

Each easy-to-swallow capsule of Quest Prenatal contains 1750 IU of beta-carotene, 50 mg of vitamin C (ascorbic acid), 133.33 IU of vitamin D (cholecalciferol), 10 IU of vitamin E (d-alpha-tocopheryl acetate), 1 mg of thiamine (thiamine HCl), 1.33 mg of riboflavin, 7 mg of niacinamide, 5 mg of pantothenic acid (calcium d-pantothenate), 5 mg of vitamin B6 (pyridoxine HCl), 5 mcg of vitamin B12 (cyanocobalamin), 10 mcg of biotin, 333 mcg of folate (folic acid), 50 mcg of iodine (potassium iodide), 83.33 mg of calcium (carbonate, HVP\* chelate), 8.34 mcg of chromium (HVP\* chelate), 330 mcg of copper (HVP\* chelate), 10 mg of iron (ferrous fumarate, HVP\* chelate), 33.33 mg of magnesium (oxide, HVP\* chelate), 1.67 mg of manganese (HVP\* chelate), 11.67 mcg of selenium (HVP\* chelate), and 6.67 mg of zinc (HVP\* chelate).

\*Hydrolyzed vegetable protein

This product does not contain artificial colours, flavours or preservatives, or dairy, egg, gluten, shellfish or sulfites.

**Recommended Daily Allowance:** Dosage for each nutrient in this formula varies, depending on age.

### Food Sources:

**Beta-carotene:** Orange/red fruits and vegetables such as carrots, winter squash, sweet potatoes, beets, tomatoes, peaches, cantaloupe, and dark green leafy vegetables such as spinach and collards. **Vitamin C:** Fruits and vegetables, especially Brussels sprouts, collards, kale, parsley, tomatoes, sweet peppers, watercress, black currants, oranges, lemons, strawberries. **Vitamin D:** Sunlight, fatty fish, eggs, fortified milk. **Vitamin E:** Vegetable oils, nuts, whole grains, wheat germ, eggs, butter, liver, dark green leafy vegetables. **Thiamine (vitamin B1):** Organ meats, pork, legumes, whole grains, eggs, poultry, fish. **Riboflavin (vitamin B2):** Liver, dairy products, eggs, meat, poultry, fish, legumes, spinach. **Niacinamide (vitamin B3):** Organ meats, meat, poultry, fish, legumes, dairy products, eggs, whole grains. **Pantothenic acid (vitamin B5):** Organ meats, milk, fish, poultry, eggs, whole grains, legumes, broccoli, sweet potatoes, avocados, cauliflower. **Vitamin B6:** Nuts and seeds, legumes, wheat germ, whole grains, bananas, potatoes, salmon, herring, liver, meat, poultry, eggs. **Vitamin B12:** Liver, kidney, beef, herring, mackerel, eggs, fish, cheese. **Biotin:** Egg yolks, liver. **Folate (folic acid):** Dark green leafy vegetables, liver, brewer's yeast, legumes, asparagus, broccoli, wheat germ, whole grains. **Iodine:** Sea vegetables, fish, shellfish, iodized salt. **Calcium:** Dairy products, legumes, dark green leafy vegetables, wheat bran, sea vegetables, almonds, Brazil nuts, figs. **Chromium:** Meat, liver, whole grains, brewer's yeast, cheese. **Copper:** Organ meats, shellfish, nuts and seeds, whole grains. **Iron:** Liver, beef, poultry, sardines, oysters, eggs, whole grains, dried fruit, legumes, potatoes, dark green leafy vegetables, prunes. **Magnesium:** Legumes, nuts and seeds, whole grains, dark green leafy vegetables, blackstrap molasses, wheat germ. **Manganese:** Nuts and seeds, whole grains, dried fruits, dark green leafy vegetables. **Selenium:** Whole grains and vegetables, depending on the selenium content of the soil. Liver, kidney, meats, seafood. **Zinc:** Oysters and other shellfish, fish, red meat, dark meat of poultry, whole grains, legumes, nuts and seeds.

# Prenatal

## Causes of Deficiency:

**Beta-carotene:** Lack of fruits and vegetables in the diet. **Vitamin C:** Poor diet. **Vitamin D:** Inadequate sunshine exposure, poor diet. **Vitamin E:** Poor diet, Crohn's disease, celiac disease, cystic fibrosis. **Thiamine (vitamin B1):** Poor diet, refined grains, high sugar intake, alcoholism. **Riboflavin (vitamin B2):** Some weight-loss diets, alcoholism, some oral contraceptives, antibiotics, stress. **Niacinamide (vitamin B3):** Poor diet. **Pantothenic acid (vitamin B5):** Deficiency has not been reported in humans because it is available in a wide variety of foods. **Vitamin B6:** Poor diet, some oral contraceptives, alcoholism, tobacco and air pollutants, stress. **Vitamin B12:** Strict vegetarian (vegan) diet, inadequate secretion of intrinsic factor. **Biotin:** Rare; prolonged consumption of raw egg whites. **Folate (folic acid):** Diet deficient in vegetables; alcoholism, some drugs. **Iodine:** Iodine-poor soil, overconsumption of goitrogenic foods (raw cruciferous vegetables, rutabagas, raw spinach). **Calcium:** Abnormal parathyroid function, vitamin D deficiency, magnesium deficiency, alcoholism, low-calcium diet, high sugar intake, excess protein relative to calcium intake, phosphates from carbonated beverages, excess caffeine, excess sodium. **Chromium:** Refined foods, lack of exercise, antacids. **Copper:** Malabsorption syndromes, celiac disease, cystic fibrosis. **Iron:** Poor diet, diminished absorption or utilization, blood loss. **Magnesium:** Diet of refined foods, excess calcium intake, alcoholism, surgery, diuretics, liver and kidney disease, some oral contraceptives. **Manganese:** Diet of refined foods. **Selenium:** Poor diet, low selenium content of the soil, heavy metals, excess zinc, some chemotherapeutic drugs. **Zinc:** Poor diet, excess fibre, excess phytic acid from diet high in legumes and whole grains, Crohn's disease, malabsorption syndromes, alcoholism.

## Symptoms of Deficiency:

**Beta-carotene:** Oxidative damage such as premature aging, cataracts. **Vitamin C:** Bleeding gums, easy bruising, fragile bones, poor wound healing, susceptibility to infection, hysteria, depression. **Vitamin D:** Rickets, osteomalacia, osteoporosis, joint pain. **Vitamin E:** Nerve damage, muscle weakness, poor coordination, haemolytic anemia, damage to the retina. **Thiamine (vitamin B1):** Fatigue, depression, impaired mental function, pins-and-needles sensation and numbness of legs, constipation, beriberi. **Riboflavin (vitamin B2):** Cracking of lips and corners of mouth, inflamed tongue, sensitivity to light, loss of visual acuity, cataracts, anemia, seborrheic dermatitis, fatigue, poor appetite. **Niacinamide (vitamin B3):** Apprehension, irritability, depression. **Pantothenic acid (vitamin B5):** No deficiencies known; however, a laboratory-induced deficiency results in fatigue, cardiovascular and gastrointestinal problems, upper respiratory infections, depression, and numbness and tingling in the extremities. **Vitamin B6:** Depression, glucose intolerance, anemia, impaired nerve function, cracks in the corners of the mouth, eczema. **Vitamin B12:** Impaired nervous system function, impaired mental function, pernicious anemia. **Biotin:** Hair loss; red scaly rash around eyes, nose, mouth, and genital area; depression; lethargy; hallucinations; numbness and tingling in extremities. **Folate (folic acid):** Anemia, irritability, weakness, insomnia, depression, poor growth, diarrhea, gingivitis, memory problems, loss of appetite, fatigue, shortness of breath, neural tube defect in infants. **Iodine:** Goiter, cretinism, intellectual disability, growth retardation, miscarriage, increased infant mortality. **Calcium:** Rickets, osteomalacia, osteoporosis, muscle spasms, leg cramps. **Chromium:** Glucose intolerance, elevated blood sugar and insulin levels. **Copper:** Anemia unresponsive to iron, osteoporosis. **Iron:** Anemia, learning disabilities, impaired immune function, decreased energy, fatigue. **Magnesium:** Fatigue, mental confusion, irritability, weakness, heart disturbances, problems in nerve conduction and muscle contraction, muscle cramps, loss of appetite, insomnia, predisposition to stress. **Manganese:** Disruption to normal growth and metabolism, skin rash, loss of hair colour, bone remodelling, reduced growth of hair and nails, reduced HDL cholesterol. **Selenium:** Increased risk of cancer, heart disease, low immune function. **Zinc:** Susceptibility to infection, slow wound healing, diminished appetite, impaired sense of taste and smell, impaired night vision.

# Prenatal (continued)

## Complementary Nutrients:

**Beta-carotene:** Preformed vitamin A, bioflavonoids, fats in the diet. **Vitamin C:** Bioflavonoids, vitamin E, selenium, beta-carotene. **Vitamin D:** Calcium. **Vitamin E:** Selenium, vitamin E is necessary for the conversion of vitamin B12 to its most active form. **Thiamine (vitamin B1):** Other B vitamins, magnesium. **Riboflavin (vitamin B2):** Other B vitamins, especially B1. **Niacinamide (vitamin B3):** Other B vitamins, tryptophan. **Pantothenic acid (vitamin B5):** Other B vitamins, carnitine, CoQ10. **Vitamin B6:** Other B vitamins, especially B2; magnesium; zinc. **Vitamin B12:** Folic acid, vitamin C, vitamin E. **Biotin:** A healthful diet. **Folate (folic acid):** Vitamin B12, vitamin B6, SAM-e, choline. **Iodine:** A healthful diet. **Calcium:** Vitamin D, magnesium, potassium, vitamin K. **Chromium:** A healthful diet. **Copper:** A healthful diet. **Iron:** Vitamin C. **Magnesium:** Calcium, phosphorus, vitamin B6. **Manganese:** A healthful diet. **Selenium:** Other antioxidant nutrients. **Zinc:** A healthful diet.

## HOW IT WORKS:

Pregnant and breastfeeding women have increased needs for most essential vitamins and minerals to support the health of their babies and themselves. Multivitamin and mineral supplements provide a balanced dose of the basic vitamins and minerals in amounts that pose little or no risk of overdosing on any one nutrient. This formula includes folic acid, iron, and zinc in ideal amounts, as these nutrients are most likely to be lacking in the diet. 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 defects such as spina bifida. Iron is needed, especially if iron stores are not optimal before pregnancy. The developing fetus also requires sufficient stores of this mineral, because soon after birth there is a significant decrease in body iron stores in the infant. Zinc is necessary for weight gain during pregnancy and to prevent malformations and low birth weight in the developing fetus.

**Beta-carotene:** A precursor to vitamin A and an antioxidant. **Vitamin C:** An antioxidant and immune-enhancing vitamin. **Vitamin D:** Stimulates the absorption of calcium and has anticancer properties. **Vitamin E:** Protects the fatty tissues of the body. Protects against toxic substances. **Thiamine (vitamin B1):** Protects against impaired mental function, required for proper energy production in the brain. **Riboflavin (vitamin B2):** Needed for tissue repair and for healthy eyes. Important for energy production. **Niacinamide (vitamin B3):** Functions in the body as a component in the coenzymes NAD and NADP. Plays an important role in energy production; fat, cholesterol, and carbohydrate metabolism; and the manufacture of many body compounds, including sex and adrenal hormones. **Pantothenic acid (vitamin B5):** Vital to the healthy functioning of the adrenal glands, which is why pantothenic acid has long been considered an "antistress" vitamin. **Vitamin B6:** Involved in the metabolism of amino acids and essential fatty acids, and is therefore required for the proper growth and maintenance of all body functions. **Vitamin B12:** Involved in the production of DNA, red blood cells, and the myelin sheath that surrounds nerve cells and speeds the conduction of signals along nerve cells. For proper absorption of B12, the stomach produces a digestive secretion called intrinsic factor. **Biotin:** A B vitamin that is involved in the biosynthesis of fatty acids and energy production. **Folate (folic acid):** Vital to healthy cell division and replication, especially the lining of the gastrointestinal tract, the skin, and bone marrow, where blood cells are formed. Also involved as coenzymes for neurotransmitters, and important to the healthy functioning of the immune system. **Iodine:** Three-quarters of the iodine in the body is found in the thyroid gland, the remainder is found throughout the body, mostly in the fluid that bathes the cells. It is important in the proper functioning of the thyroid gland and is part of the thyroid hormones used to regulate metabolism, influencing physical and mental growth, the functioning of the nervous system and muscles, circulatory activity, and the metabolism of all nutrients. **Calcium:** Besides its role in the formation of bones and teeth, calcium is also involved in fat and protein digestion and the production of energy. It is involved in blood clotting and the transmission of nerve impulses, and it regulates the contraction and relaxation of muscles, including the heart. **Chromium:** Supplemental chromium is used in the treatment of impaired glucose tolerance (hypoglycemia and diabetes), elevated blood cholesterol and triglyceride levels, promotion of weight loss, and treatment of acne.



## DID YOU KNOW...

*Research shows that nutrients appear to be preferentially deposited in maternal tissue in marginally depleted women, whereas fetal needs take precedence in severely depleted women.*

**Copper:** Copper is required for normal infant development, red and white blood cell maturation, iron transport, bone strength, cholesterol metabolism, myocardial contractibility, glucose metabolism, brain development, and immune function. **Iron:** Transports oxygen from the lungs to the body's tissues and carbon dioxide from the tissues to the lungs. It also functions in several key enzymes in energy production and metabolism, including DNA synthesis. **Magnesium:** Besides its role in maintaining healthy bones, magnesium is also involved in maintaining a healthy nervous system. In addition, magnesium is required for muscle relaxation, energy production, protein formation, cellular replication, the regulation of sodium and potassium in the cells, and efficient heart function. **Manganese:** Required for many enzyme systems, normal bone growth and development, and normal reproduction. Also required for the proper functioning of the nerves and possibly the immune system. **Selenium:** Best known as an antioxidant and anticancer mineral. A component of the enzyme glutathione peroxidase, which protects cells against free radical damage. **Zinc:** Functions as a cofactor in over 20 enzymatic reactions. Plays a role in insulin activity, protein and DNA synthesis, taste and smell, wound healing, the maintenance of normal vitamin A levels, bone structure, and the immune system.

**RESEARCH:**

The efficacy of multivitamin and mineral supplementation for pregnant women is supported by many clinical studies. In a study published in the Journal of the American College of Nutrition in 2002, researchers found that approximately 20 to 30% of pregnant women have a vitamin and mineral deficiency, and that without supplementation roughly 75% of pregnant women would be deficient in at least one vitamin. In addition, many studies describe the benefit of supplemental folic acid for women before pregnancy to prevent neural tube defects such as spina bifida in the fetus.

**SIDE EFFECTS:**

No side effects expected at recommended dosage.

**INTERACTIONS AND SAFETY CONSIDERATIONS:**

Consult a health care practitioner before use if you have a liver disorder.

**OTHER CONSIDERATIONS:**

For adult use only. Keep out of reach of children.

**LABEL:**

**QUEST**  
**MULTIVITAMINES ET MINÉRAUX**  
**Prenatale plus**  
 1 mg d'acide folique  
 NPN 80001296  
 Pour le maintien d'une bonne santé  
 180 capsules végétales  
 Sans colorants, arômes ou agents de conservation artificiels

**Usage recommandé :** Un supplément multivitaminique avec minéraux pour le maintien d'une bonne santé.  
**Dose recommandée (adultes âgés de 19 ans et plus) :** Prendre 1 capsule, trois fois par jour, aux repas. Prendre quelques heures avant ou après avoir pris un médicament.

**Ingredients médicinaux :**  
 Chaque capsule contient :  
 Vitamine A (rétinol) 526 mcg EAR/1750 IU  
 Vitamine C (acide ascorbique) 50 mg  
 Vitamine D (cholécalciférol) 3,33 mcg/133,33 IU  
 Vitamine E (acétate de D-alpha-tocophérol) 6,7 mg AT/10 IU  
 Thiamine (chlorhydrate de thiamine) 1 mg  
 Riboflavine 1,33 mg  
 Nicotinamide 57 mg  
 Acide panthothénique (D-pantothénate de calcium) 5 mg  
 Vitamine B6 (chlorhydrate de pyridoxine) 5 mg  
 Vitamine B12 (cyanocobalamine) 5 mcg  
 Biotine 10 mcg  
 Folate (acide folique) 333 mcg  
 Iode (iodure de potassium) 50 mcg  
 Calcium (carbonate, chélate de PNH) 83,33 mg  
 Chrome (chélate de PNH) 8,34 mcg  
 Cuivre (chélate de PNH) 330 mcg  
 Fer ( fumarate ferreux, chélate de PNH) 10 mg  
 Magnésium (oxyde, chélate de PNH) 33,33 mg  
 Manganèse (chélate de PNH) 1,67 mg  
 Sélénium (chélate de PNH) 11,67 mcg  
 Zinc (chélate de PNH) 6,67 mg  
 \* Protéine végétale (maïs, 10% hydrolysés)  
 Ingrédients non médicinaux : stéarate de magnésium, dioxyde de silicium, cellulose.  
**Information sur les risques :** Consulter un praticien de soins de santé avant d'en faire l'usage si vous souffrez de troubles du foie.  
 ⚠️ **Avertissement :** Ce contenant contient assez de fer pour causer des effets sérieux à un enfant. Ce produit ne contient aucun ingrédient laitier, oeuf, gluten, crustacés, ou sulfites.

**Recommended Use:** A multivitamin and mineral supplement for the maintenance of good health.  
**Recommended Dose (Adults 19 years and older):** Take 1 capsule three times daily with a meal. Take a few hours before or after taking medication.

**Medicinal Ingredients:**  
 Each capsule contains:  
 Vitamin A (retinol) 526 mcg RAE/1750 IU  
 Vitamin C (ascorbic acid) 50 mg  
 Vitamin D (cholecalciferol) 3.33 mcg/133.33 IU  
 Vitamin E (D-alpha tocopherol acetate) 6.7 mg AT/10 IU  
 Thiamine (thiamine HCl) 1 mg  
 Riboflavin 1.33 mg  
 Nicotinamide 57 mg  
 Panthothenic acid (calcium D-pantothenate) 5 mg  
 Vitamin B6 (pyridoxine HCl) 5 mg  
 Vitamin B12 (cyanocobalamin) 5 mcg  
 Biotin 10 mcg  
 Folate (folic acid) 333 mcg  
 Iodine (potassium iodide) 50 mcg  
 Calcium (carbonate, HVP chelate) 83.33 mg  
 Chromium (HVP chelate) 8.34 mcg  
 Copper (HVP chelate) 330 mcg  
 Iron (ferrous fumarate, HVP chelate) 10 mg  
 Magnesium (oxide, HVP chelate) 33.33 mg  
 Manganese (HVP chelate) 1.67 mg  
 Selenium (HVP chelate) 11.67 mcg  
 Zinc (HVP chelate) 6.67 mg  
 \* Hydrolyzed Vegetable Protein (Maize Protein)  
**Non-Medical Ingredients:** Magnesium stearate, silicon dioxide, cellulose.  
**Risk Information:** Consult a health care practitioner prior to use if you have a liver disorder.  
 ⚠️ **Warning:** There is enough iron in this package to seriously harm a child.  
 This product does not contain dairy, egg, gluten, shellfish or sulfites.

**QUEST**  
**MULTIVITAMINS & MINERALS**  
**Prenatal plus**  
 1 mg folic acid  
 NPN 80001296  
 For the maintenance of good health  
 180 vegetable capsules  
 No artificial colours, flavours or preservatives

SEAL FOR FRESHNESS AND POTENCY. DO NOT USE IF SEAL, INNER CAP IS BROKEN.  
 SCILLE POUR ASSURER FRESHNESS ET POTENCY. NE PAS OUVRIER SI LE SCÉLÉ OU LE CAPOT INTÉRIEUR EST BRISÉ.  
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