Prenate Pixie®

Prenate Mini®

Prenate Chewable®

Prenate® Enhance

Prenate® Restore

Prenate®

Pregnancy Planning Guide

Pregnancy Planning

Prenate®

TRIMESTER ZERO = PRECONCEPTION
TRIMESTER ONE = EARLY PREGNANCY

Follow these tips during preconception and early pregnancy to help support positive pregnancy outcomes:

Take Prenatal Vitamins

Start 1 month prior to conception or as soon as possible. Meet these daily goals with a healthy diet and a daily prenatal vitamin:

- 400 mcg of folate[1]
- 18 mg of iron[1]
- 1,300 mg of calcium[1]
- 400 IU of vitamin D[1]
- 20 mcg or 800 IU of iodine[1]

Eat Nutritious Foods

Eat a variety of foods: fruit, vegetables, whole grains and protein:

- 71 grams of lean protein[2]
- Eat foods high in folate, iron and calcium
- Mix in foods that naturally contain DHA, but avoid those with high-levels of mercury
- Limit caffeine to 200 mg per day[3]

Exercise Regularly*

- **150 minutes of aerobic activity** each week OR
- **30 minutes of low-impact exercise** 5 days a week
- Stay hydrated with 8-10 cups of water daily

Lifestyle Adjustments[4]

- Don't drink, smoke or use drugs; avoid second hand smoke
- Avoid hot tubs, saunas and hot baths
- Get 8 hours of sleep nightly
- Limit stress as much as possible
- Avoid harmful chemicals (insecticides, paint fumes, cleaning solvents, lead and mercury)
- Avoid contact with cat liter and rodents, including pet rodents

Talk to Your Healthcare Provider

- Discuss your intention for pregnancy with your doctor
- Review preconception checklist
- Develop a plan that is suitable for your specific needs

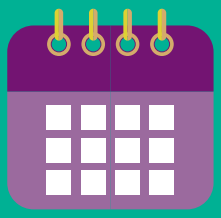
*Talk to your health care provider before beginning any exercise regimen. If you experience any discomfort during exercise, you should stop doing it immediately and talk to your doctor to make sure it is a good fit for you during pregnancy.

Preconception Checklist

Prenate®

Use the checklist below to help prepare for pregnancy and ensure that you are giving your baby the best start in life. Review these items with your healthcare provider to develop a preconception plan tailored to you.

- [ ] Evaluate and confirm pregnancy intention[5]



Trimester Zero is the time for preconception care and counseling, at least 3 months before becoming pregnant.

Medical Considerations

- [ ] Schedule prenatal care visit with healthcare provider[5]
- [ ] Start daily preconception multivitamin with folic acid[5]
- [ ] Identify a healthy weight[5]
- [ ] Identify and address nutritional issues[6]
- [ ] Establish optimal glycemic control for women with pre-gestational diabetes[5]
- [ ] Confirm absence of sexually transmitted infections[5]
- [ ] Assess mental health and absence of uncontrolled depression[5,6]
- [ ] Determine immunization history[6]
- [ ] Evaluate undiagnosed, untreated, or poorly controlled medical conditions[5]
- [ ] Review medications, including teratogenic medications and radiation exposure[5,6]
- [ ] Review family history and genetic risk[6]

Lifestyle Considerations

- [ ] Eliminate tobacco substances and other high-risk behaviors[5,6]
- [ ] Evaluate social impacts of pregnancy[6]
- [ ] Evaluate occupational and environmental exposures[6]

Essential Nutrients for Trimester Zero & Trimester One

Prenate®

Importance of critical nutrients every step of the way

BEFORE PREGNANCY (1 Month Preconception)	DURING PREGNANCY	AFTER PREGNANCY (Postpartum/ Breastfeeding)
NIH Recommendations	NIH Recommendations	NIH Recommendations
FOLATE: 400 mcg daily[7]	**FOLATE:** 600 mcg daily[7]	**FOLATE:** 500 mcg daily[7]
DHA: 220 mg[8]	**DHA:** 300 mg[8]	**DHA:** 300 mg[8]
IRON: 18 mg[9]	**IRON:** 27 mg[9]	**IRON:** 9 mg[9]
VITAMIN B6: 1.3 mg[10]	**VITAMIN B6:** 1.9 mg[10]	**VITAMIN B6:** 2.0 mg[10]

The Prenate® Vitamin Family is formulated with women in mind, and is based on the latest recommendations from the American College of Gynecologists (ACOG), National Institutes of Health (NIH) and other obstetric and pediatric organizations. Start your pregnancy strong with a robust dose of key nutrients. Enjoy the benefits of prenatal vitamins that can help fill nutritional gaps from preconception, to pregnancy and into postpartum.

Two great options in one family — both small and easy to swallow

Prenate Mini®

A small, easy to swallow softgel with complete prenatal nutrition support, including 350 mg of DHA.

Prenate Pixie®

Robust Rx prenatal vitamin with 11 concentrated nutrients including DHA in a tiny softgel.

Essential Nutrients for Preconception / 1st Trimester

Prenate®

FOLIC ACID

Essential in early pregnancy for neural tube closure

Prenate Mini® and Prenate Pixie® both provide 1 mg of folate, as a blend of 600 mcg of bioavailable L-methylfolate* and 400 mcg of traditional folic acid. This ensures that the 53% of women who have an inability to convert traditional folic acid to a usable form still obtain recommended values.[16,17]

Low folic acid levels may put your baby at risk for:

- Neural Tube Defects, like Spina Bifida
- Low Birth Weight[6]
- Premature Birth[6]
- Miscarriage[11]

Research suggests that the risk of autism spectrum disorders **lowers** with mothers who take **>600 mcg of folic acid daily** in month 1 of pregnancy[12]

When Should I Start Taking Folic Acid?

Women often start folic acid supplementation too late to impact neural tube closure.[13,14] Neural tube development occurs in the first 2-8 weeks of conception, so women should start taking folic acid supplements at least one month prior to conception.[15]

IRON

Promotes healthy development of red cells, heart, lungs and muscles

Sumalate® (ferrous asparto glycinate) is an iron form used in Prenate Mini® and Prenate Pixie® prenatal vitamins. It allows for maximum absorption of iron with little to no side effects.[18-21]

3X's It is three times more bioavailable than common iron forms, making a smaller dose more efficient.[18-21]

Essential Nutrients for Preconception / 1st Trimester

Prenate®

DHA

Boost brain and heart function for mom and baby

One way pregnant women may help meet their daily DHA intake goals and cover nutritional gaps, without risking high mercury consumption, is to take a daily prenatal vitamin with DHA. Prenate Mini® and Prenate Pixie® both contain marine-based DHA to help meet the NIH daily recommendations.

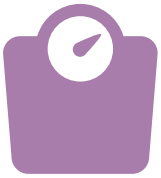
DHA may help support the following:

Eye health and vision[23,24]

Visual function and development[23,24]

Brain development and cognitive function[23,25]

Mental function throughout life[23,25]



Gestational length and birth weight[26]

When Should I Start Omega-3s?

National Institute of Health recommends starting daily Omega-3 fatty acid intake prior to pregnancy and conception.[22]

VITAMIN B6

Helps alleviate symptoms of nausea associated with common morning sickness

In early pregnancy, it is not uncommon for expecting mothers to experience nausea and vomiting as their bodies adjust to increasing hormone levels. ACOG recommends trying vitamin B6 supplementation, before other antiemetic drugs, to help alleviate nausea.[27] Prenate Mini® and Prenate Pixie® both contain vitamin B6.

Recipes Rich in Key Nutrients

Raspberry-Peach-Mango Smoothie Bowl

Ready In 10 min

Nutrition Bonus: Good source of folate, vitamin C, vitamin A, and calcium

http://www.eatingwell.com/recipe/254618/raspberry-peach-mango-smoothie-bowl

Egg Frittata

Ready in 25 min

Nutrition Bonus: Good source of vitamin A, vitamin b6, vitamin C, and calcium

https://www.parents.com/recipe/eggs/frittata

Super Green Edamame Salad

Ready in 20 min

Nutrition Bonus: Good source of folate and vitamin C

http://www.eatingwell.com/recipe/252724/super-green-edamame-salad

Vegetarian Monte Cristo Sandwich

Ready in 45 min

Nutrition Bonus: Good source of calcium, vitamin A, folate, and vitamin B6

https://www.epicurious.com/recipes/food/views/meatless-monte-cristo-sandwiches-100953

Roasted Salmon Rice Bowl with Beets & Brussels

Ready In 50 min

Nutrition Bonus: Good source of DHA, vitamin C, and folate

http://www.eatingwell.com/recipe/262156/roasted-salmon-rice-bowl-with-beets-brussels

Seared Steak Salad with Edamame & Cilantro

Ready In 35 min

Nutrition Bonus: Good source of iron, folate, vitamin C, and vitamin A

http://www.eatingwell.com/recipe/249303/seared-steak-salad-with-edamame-cilantro

Grilled Chipotle Chicken and Sweet Potato Toss

Ready in 30 min

Nutrition Bonus: Good source of vitamin A, potassium, calcium and iron

https://www.cookinglight.com/recipes/grilled-chipotle-chicken-sweet-potato-toss

Automatic eVoucherRx™ Savings Program

Prenate®

Simple and Easy

Eliminate the hassle of remembering a coupon voucher with eVoucherRx™. eVoucherRx™ is a paperless electronic coupon program that automatically applies the savings at the pharmacy and makes co-pay savings on every prescription easy.

NO COUPON
Required with **NEW** eVoucherRx™ Savings Program

Innovation

A tech world calls for modernization, like Avion's new electronic savings program. Ditch the paper and let the computer do the work for you, guaranteeing optimal savings for an optimal product.

How does it work?

Once an eligible prescription is available at participating pharmacies (~95% of retail pharmacies), the eVoucherRx™ savings coupon will be automatically applied to the co-pay.

Universal EMR Instant Rebate Codes

For all pharmacies not able to participate in the Avion e-voucher program we offer a universal ID that will allow the patient to enjoy instant savings off of each prescription. Please present the IDS below for the appropriate prescription and the savings will be automatically applied to the prescription.

OPUS HEALTH™

Eligibility: Insured and Cash Patients
BILL PRIMARY INSURANCE FIRST

RxBIN:	**601341**
RxPCN:	**OHCP**
Group:	**OH5502061**
ID:	**702100106716**
Suf:	**01**

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*Prenate Pixie®, Prenate Mini®, Prenate® Enhance, and Prenate® Restore contain L-methylfolate calcium. L-methylfolate ([6S]-N5-methyltetrahydrofolic acid calcium salt) in Prenate® is less than 1.0% D-isomer.

**Most eligible patients will pay no more than $20 for each fill of Prenate Mini® or Prenate Pixie®. After the first $20 out of pocket, Avion covers the remaining co-pay up to $60 each co-pay and up to $720 annually. This offer is good for 12 fills.

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