



S U P P L E M E N T S

Prenatal Necessities

Indicated for Pregnancy Health

With over 35 years of OB practice, Dr. Baker recommends that women should take a prenatal daily vitamin in conjunction with the following:

- **Vitamin D 5,000:** Decreases chances of C-Section, illnesses, and helps bone development in the newborn (if breastfeeding, by fortifying breastmilk.)
- **Iodine:** Healing Iodine (up to 1,2000 mg once a day) can help decrease autism risk.
- **Probiotics:** Healing Probiotic taken between meals to decrease preterm delivery and perinatal infection.
- **Fish Oil:** Healing Omega is a health factors to support fetal exe and brain development. Helps mother's joints, lipids and moods.
- **5 Methyl B Complex + Folate:** 5 mg of methylfolate to decrease birth defects and help maternal mood by decreasing anxiety and depression.



The ingredients in this product are supplied by the well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.