NEXT GENERATION FORMULAS FOR EACH GENERATION.
Mygen Health’s Maternity Formula is designed to support the additional nutritional needs of women during pregnancy and breastfeeding and is an ideal follow on from Mygen Health’s Fertility Formula.
Prenatal nutrition is critical for women and developing babies, and may influence newborn health and patterns of disease or disorders in later life. Maternity Formula provides a broad range of essential nutrients including folinic acid, iron, iodine, CoQ10, calcium, magnesium, choline and vitamin D which are required for the healthy development and growth of the baby.

Maternity Formula is designed to provide all the necessary nutrients during pregnancy and breastfeeding in the most therapeutically available forms, reflecting the latest prenatal and postnatal nutritional research.

Mygen Health’s Maternity Formula is a 30 day supply made up of two tablets:

1 **MORNING TABLET DAILY**: containing the nutrients beneficial in the morning to reduce nausea and stimulate brain activity.

2 **EVENING TABLETS DAILY**: containing the nutrients beneficial for sleep and leg cramps which often occur at night.
Maternity Formula.

The active ingredients in Mygen Health's Maternity Formula are:

> **Morning tablet (brown):**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Betacarotene</td>
<td>3mg</td>
</tr>
<tr>
<td>Phytonadione (Vitamin K)</td>
<td>100mcg</td>
</tr>
<tr>
<td>Ascorbic acid (Vitamin C)</td>
<td>200mg</td>
</tr>
<tr>
<td>Thiamine hydrochloride (Vitamin B1)</td>
<td>23mg</td>
</tr>
<tr>
<td>Riboflavin (Vitamin B2)</td>
<td>20mg</td>
</tr>
<tr>
<td>Nicotinamide (Vitamin B3)</td>
<td>20mg</td>
</tr>
<tr>
<td>Calcium Pantothenate equiv pantothenic acid (Vitamin B5)</td>
<td>20mg</td>
</tr>
<tr>
<td>Pyridoxine Hydrochloride equiv pyridoxine (Vitamin B6)</td>
<td>50mg</td>
</tr>
<tr>
<td>Pyridoxal-5-phosphate equiv pyridoxine (Vitamin B6)</td>
<td>6.5mg</td>
</tr>
<tr>
<td>Cyanocobalamin (Vitamin B12)</td>
<td>200mcg</td>
</tr>
<tr>
<td>Biotin</td>
<td>200mcg</td>
</tr>
<tr>
<td>Ubidecarenone (Coenzyme Q10)</td>
<td>75mg</td>
</tr>
<tr>
<td>Chromium (as Chromium Picolinate)</td>
<td>25mg</td>
</tr>
<tr>
<td>Zinc (as Zinc Citrate Dihydrate)</td>
<td>25mg</td>
</tr>
<tr>
<td>Selenium (as Selenomethionine)</td>
<td>75mcg</td>
</tr>
<tr>
<td>Iodine (as Potassium Iodide)</td>
<td>225mcg</td>
</tr>
<tr>
<td>Manganese (as Manganese Sulfate Monohydrate)</td>
<td>5.0mg</td>
</tr>
<tr>
<td>Calcium Folate (providing folate)</td>
<td>500mcg</td>
</tr>
<tr>
<td>Choline bitartrate</td>
<td>418mg</td>
</tr>
<tr>
<td>Iron (II) glycinate 50mg equiv Iron</td>
<td>10mg</td>
</tr>
</tbody>
</table>

> **Evening tablet (white):**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholecalciferol (Vitamin D3 500IU)</td>
<td>12.5mcg</td>
</tr>
<tr>
<td>Calcium (as calcium citrate hydrate)</td>
<td>150mg</td>
</tr>
<tr>
<td>Magnesium (as magnesium citrate)</td>
<td>75mg</td>
</tr>
</tbody>
</table>

The prenatal and breastfeeding benefits of many of these ingredients are listed below:

> **Coenzyme Q10**

- CoQ10, an antioxidant, is found in the mitochondria of the body's cells where it plays an essential role in the production of cellular energy.
- CoQ10 has a beneficial role in supporting early pregnancy health, with a progressive increase in maternal requirements throughout the 2nd and 3rd trimesters.
- CoQ10 can improve 3rd trimester maternal wellbeing and aid in the maintenance of cardiovascular and placental health and blood flow and blood vessel health of the mother.
- CoQ10 supplementation during pregnancy has been shown to reduce pre-eclampsia risk.
- CoQ10 is a normal component in human milk.

> **Iodine**

- In Australia, iodine deficiency is becoming increasingly common, with up to 40% of children and pregnant and breastfeeding women found to be iodine deficient.
- Adequate iodine is necessary to maintain healthy thyroid function and hormone production throughout pregnancy and breastfeeding, and is critical for 1st trimester maternal health.
- Requirements for iodine are increased during pregnancy, and the World Health Organisation recommends women who are pregnant or breastfeeding take a daily oral iodine supplement.
- Iodine deficiency has been associated with reduced fertility, hypothyroidism, intellectual deficits in babies, miscarriage and impaired embryonic foetal development.

> **Folinic Acid**

- It is well recognised that folic acid supplementation by the mother, before pregnancy and during the 1st trimester, may reduce the foetus' risk of chromosomal abnormalities and neural tube defects of the brain or spinal cord, such as spina bifida and anencephaly.
- Folic acid aids in overcoming common inherited polymorphisms that may impair folic acid availability.
- Research has shown that many people struggle to effectively metabolise folic acid into the active form.
- Mygen Health's Maternity Formula provides folate in the activated form - as calcium folinate - which has been shown to raise plasma folate more efficiently than other forms of folic acid supplements.

> **Choline**

- Research highlights the importance of choline during pregnancy and lactation, with many studies finding inadequate choline levels during pregnancy.
- Choline requirements increase during pregnancy and breastfeeding to support the rapid brain development of the baby and vascular and placental function.
- Choline may reduce the risk of pre-eclampsia and miscarriage, and supports the healthy development of the placenta.
- Choline has been found to protect against neural tube defects and plays a critical role in brain development and healthy genetic expression.

> **Chromium**

- Chromium may assist in the maintenance of healthy blood sugar levels during pregnancy.
- Chromium is an essential nutrient required for carbohydrate, lipid and protein metabolism.
- Chromium has been found to improve impaired glucose tolerance and reduce insulin levels in women diagnosed with gestational diabetes.
> **B Group Vitamins**

> B group vitamins are necessary during pregnancy and breastfeeding for normal hormone production, availability of folic acid and to support the expression of healthy DNA.

> A deficiency in B vitamins may result in impaired methylation and elevated homocysteine levels. Elevated homocysteine levels have been associated with pregnancy complications such as pre-eclampsia, miscarriage, placental abruption and abnormal foetal growth.

> The active forms of both B6 and folic acid have been included in Maternity Formula to assist with healthy methylation processes required during pregnancy.

> **Vitamin B6**

> Maternity Formula provides two forms of B6 that may aid in reducing the symptoms of nausea and morning sickness.

> B6 has also been found to reduce elevated homocysteine levels necessary for a healthy full term pregnancy.

> **Vitamin B12**

> B12, like folic acid, plays a role in healthy cell replication.

> Vitamin B12 is known to cross the placenta during pregnancy and is present in breast milk.16 17

> Higher B12 and folic acid levels found in fluids surrounding reproductive organs positively correlates with successful pregnancy outcomes.18

> **Vitamin C**

> Vitamin C supports a pregnant woman’s immune system and is beneficial during times of stress.

> Vitamin C helps maintain healthy gums throughout pregnancy and assists in the absorption of iron.

> Vitamin C is a building block for collagen production and supports connective tissue formation, and skin integrity that may be affected by increased growth.

> **Vitamin D**

> Vitamin D deficiency is common during pregnancy and lactation and many women require additional supplementation.

> A deficiency of Vitamin D in newborn and breastfeeding babies can increase the likelihood of chronic illness in childhood.19

> Throughout pregnancy, Vitamin D is necessary for healthy thyroid function, hormone regulation and early embryonic and placental development.

> During pregnancy, Vitamin D is necessary for foetal development, birth weight, skeletal and teeth development and vital for healthy bone mineral density in the mother. 20 21

> Vitamin D may reduce the risk of premature delivery and pre-eclampsia. 22

> **Selenium**

> Selenium is a potent antioxidant and a deficiency has been linked to miscarriage risk.23

> The Recommended Dietary Allowance (RDA) for selenium increases during pregnancy and selenium is necessary for 1st trimester maternal health.

> Lowered selenium levels in pregnant women can cause a 5 fold increase in the likelihood of pre-eclampsia. 24

> **Calcium**

> Calcium requirements are increased particularly during the 3rd trimester when a baby’s bones are developing and strengthening. An inadequate supply of calcium at this time can diminish bone strength and increase the risk of osteoporosis in the mother in later life.

> Adequate maternal calcium levels can help to maintain normal blood pressure during pregnancy.

> The calcium requirements of both mother and child are increased during lactation.

> Calcium reduces the risk of pre-eclampsia by 50% and of pre-term delivery.25

> **Magnesium**

> Along with calcium and vitamin D, magnesium is essential for the healthy development of bones, teeth and the nervous system, and can help to regulate insulin and blood sugar levels.

> A deficiency during pregnancy may lead to pre-eclampsia and poor foetal growth.

> Magnesium and calcium together are the primary nutrients required for productive contractions during labour, and may aid in the prevention of premature contractions.

> Signs of a magnesium deficiency during pregnancy may include nausea, vomiting, loss of appetite, fatigue, insomnia, muscle twitching, poor memory, irregular heartbeat, and weakness.

> Magnesium may also be helpful in reducing some common symptoms of pregnancy including insomnia and leg cramps.

> **Iron**

> Iron is a common deficiency during pregnancy and breastfeeding amongst Australian women due to increased blood flow and growth of the baby and the placenta.

> Mygen Health’s Maternity Formula provides iron as iron (II) glycinate allowing for improved absorption and reduces the risk of unpleasant side effects such as nausea and constipation with commonly prescribed prenatal formulas.

> **Zinc**

> Up to 80% of pregnant women have inadequate zinc levels.

> Zinc is necessary for the immune system, hormone production and is involved in skin repair and wound healing.

> Zinc is necessary for early cell division and embryonic development.

> Low zinc levels have been associated with labour complications, low birth weight and supplementation has been shown to reduce the risk of premature delivery.26

> Mygen Health’s Maternity Formula provides zinc in bioavailable citrate form.


Mygen Health is an Australian vitamin and mineral supplement company. Our formulas are designed to address the different nutritional needs of men and women throughout their various stages of life. Mygen Health’s formulas contain therapeutic concentrations of nutrients that have clear clinically proven benefits, in forms that the body can easily absorb.

Designed by health professionals and manufactured in Australia to the highest quality standards, each Mygen Health Formula provides maximum consumer benefit without compromise on quality or strength.

Mygen Health has created tailored formulas for pre-conception, pregnancy and breastfeeding for women and a separate pre-conception formula for men:

<table>
<thead>
<tr>
<th>Product</th>
<th>Size</th>
<th>Product</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maternity Formula</td>
<td>30 Morning Tablets and 60 Evening Tablets</td>
<td>Fertility Formula Male</td>
<td>30 Capsules and 30 Tablets (30 days supply)</td>
</tr>
<tr>
<td>AUST L 244 238</td>
<td>(30 days supply)</td>
<td>AUST L 205 447</td>
<td>(30 days supply)</td>
</tr>
<tr>
<td>Fertility Formula Female</td>
<td>30 Capsules and 30 Tablets (30 days supply)</td>
<td>Vitality Formula Male</td>
<td>30 Capsules and 30 Tablets (30 days supply)</td>
</tr>
<tr>
<td>AUST L 206 185</td>
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<td>AUST L 205 448</td>
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Information in this brochure was correct at the time of publishing. Published March 2016.
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