

### Vital Essence 3 - Ingredients

Three tablets a day typically provide:

Vitamin K	80ug	Vitamin D	6.9ug
Calcium	500mg	Vitamin E	149mg
Phosphorus	250mg	Iron	15mg
Vitamin C	500mg	Magnesium	125mg
Zinc	15mg	Thiamin (Vitamin B1)	10mg
Iodine	25ug	Riboflavin (Vitamin B2)	10mg
Manganese	1mg	Niacin (Vitamin B3)	10mg
Selenium	100ug	Vitamin B6	10mg
Folic Acid	400ug	Inositol	10mg
Vitamin B12	20ug	Choline Bitartrate	10mg
Biotin	25ug	Co Q 10	4mg
Copper	1mg	Pantothenic Acid (Vitamin B5)	25mg

### Vital Essence 3 - Ingredients and their Benefits

- **Calcium** - may prevent pre-eclampsia and hypertension and together with vitamin D may help to ease pain in labour. It may also help to protect you and your baby against allergies, viruses and tooth decay. Most of a baby's calcium is deposited in this trimester as its bones and teeth harden (the foetus now takes up calcium at the rate of approximately 350mg a day), so you need a plentiful supply to prevent it being scavenged from your own skeleton.
- **Co-enzyme Q10** - a useful anti-oxidant, very good for boosting energy in the final stages of pregnancy when you are feeling tired and carrying extra weight. It improves the body's ability to use oxygen and utilise a steady flow of energy from food.
- **Folic Acid (folate)** - needed to manufacture DNA and (with Vitamin B12) to make red blood cells. The World Health Organisation reports that up to a half of all pregnant women suffer from folic acid deficiency in the last three months of pregnancy and so are at risk of pernicious anaemia.
- **Iron** - needed to manufacture red blood cells. Adequate supply now will prevent anaemia and a low blood count going in to labour, ensure good energy and adequate oxygen supply to muscles during labour, and increase resistance to infection after delivery. Deficiency can cause weakness, excessive fatigue, low spirits, a poor labour outcome and possibly premature labour.
- **Magnesium** - adequate stores can prevent premature labour, pre-eclampsia and hypertension. Deficiency may contribute to painful uterine contractions at the end of pregnancy and also the painful leg cramps that some women suffer from.
- **Phosphorus** - plays an important role in the utilisation of carbohydrates, proteins and fats and is needed for your baby's bone development.
- **Selenium** - essential for your baby's brain development in the third trimester and an important anti-oxidant to prevent infection. Recent research suggests that selenium levels can fall during pregnancy and women who miscarry may have reduced selenium.
- **Vitamin C** - vital for hormone production and to aid the absorption of iron. It is antioxidant and anti-viral, helps to fight infection and promote healing after delivery, and keeps collagen (a protein found in connective tissue, needed for proper growth and for healthy skin, bones and teeth) healthy and resistant to penetration by viruses, drugs, and toxins.
- **Vitamin E** - antioxidant, helps to speed up wound healing and to keep skin supple. Deficiency in babies can lead to anaemia, jaundice and poor development of the heart, brain, lungs and kidneys.
- **Vitamin K** - an essential ingredient of prothrombin, which causes blood to clot. It is made naturally by bacteria in the gut, but a baby is born with a sterile gut and has to get vitamin K from its mother. New-borns deficient in Vitamin K are at risk of internal bleeding.
- **Zinc** - essential for balancing hormones and for the growth and development of your baby's reproductive system. Boys take five times more zinc from their mothers than girls, and deficiency has been linked to undescended testicles. Good zinc status has been shown to improve birth weight, prevent premature delivery and maternal complications, boost immunity and prevent stretch marks.

**All Zita West nutritional products have been approved by the HFMA (Health Food Manufacturers' Association) and have been formulated in accordance with Department of Health guidelines.**

## Frequently Asked Questions:

*Do the ingredients in Vital Essence 3 contain the RDA?*

Yes – they have been approved by the HFMA and are formulated in conjunction with Department of Health guidelines.

*Will Vital Essence 3 help with tiredness?*

Yes, tiredness can be caused by numerous factors; taking a good healthy vitamin and multi-mineral supplement will help.

*Can taking vitamins during pregnancy harm the baby?*

Anything in excess is not good for you or your baby. It is also best to stick with the recommended amounts. All the active ingredients within Vital Essence 3 are within recommended RDA's.

*My GP says if I am eating a good diet, I do not need to take vitamins?*

Even if you have a healthy diet - which many people don't these days, given missed, hurried or convenience meals - you can't always be sure you are getting the vitamins and minerals you need. Intensive food production and processing have stripped many foods of a lot of their nourishment. In our view, a good multi-vitamin and mineral supplement is essential during pregnancy, if only as an insurance policy.

*My appetite has gone off, I don't want to eat as much. May I take Vital Essence 3 instead of food?*

No, you must maintain a good diet, especially one rich in carbohydrates, during the end of pregnancy. Carbohydrates will give you fuel for labour.



## VitalDHA alongside Vital Essence 3

*Vital DHA during the third trimester*

During the last trimester of pregnancy, the baby goes through a period of intense development called the brain spurt. At this time, your baby's brain will take up 70% of your calorie intake and demand for DHA is greater than ever. We strongly recommend that all our clients consider supplementing their DHA intake before and after this critical period.