

TriCare Prenatal™ DHA ONE® with Folate

Essential Nutrition
for the 3 vital stages of pregnancy

Multivitamin/Mineral Softgel with L-Methylfolate

- **L-Methylfolate - More Bioavailable than Folic Acid. No Folate Conversion Necessary.**
- Small, Easy-to-Swallow Purple Softgel
- Ultra Pure DHA – Odorless & Tasteless (No Fishy Aftertaste)
- Contains Docusate Sodium (Gentle Stool Softener)
- Does Not Contain Calcium Which Can Block the Absorption of Iron
- Contains 150 mcg of Iodine (Essential for Brain Development and Physical Growth in Fetus)
- Contains 300 mcg of Biotin (Essential for Tissue Development and Regeneration)

Proprietary Two-Step Purification Process of Fish Oil

1. *Molecular Distillation* – Results in high concentration of Omega-3 fatty acids
2. *Stripping Process* – Removes virtually all impurities and contaminants found in fatty fish.



L-Methylfolate Benefits

- Improves the nutritional status of women throughout pregnancy
- No Folate conversion needed
- Unaffected by the genetic MTHFR mutation

**See Reverse for More Information
on Folate and L-Methylfolate**

Visit us online at DHAone.com



IMPORTANCE OF FOLATE BEFORE AND DURING PREGNANCY

Folate is the natural form of Vitamin B9. Folate is shown to prevent neural tubular defects, such as spina bifida and anencephaly which can occur 3-4 weeks after conception. Research also suggests that folate may help lower your baby's risk of other birth defects such as cleft lip, cleft palate and certain types of heart defects. As well, folate may also reduce the risk of preeclampsia, a serious blood pressure disorder that affects many women during pregnancy. Folate is extremely important for the mother and her developing baby.

IMPORTANCE OF L-METHYLFOLATE VS. FOLIC ACID

Folic acid is the "synthetic" form of folate. Folic acid must be metabolized by the body to achieve the active form of folate which is needed for a healthy pregnancy. Over 50% of women have a gene mutation known as MTHFR C677T Polymorphism. This gene defect - MTHFR prevents folic acid from being converted to the active form of folate. L-Methylfolate is the active form of folate and is 7 times more bioavailable. TriCare Prenatal™ DHA ONE® with Folate uses L-Methylfolate to ensure a healthy pregnancy.

Considering the important role of active folate in fetal growth and development, ensuring adequate L-Methylfolate intake should be a priority for all pregnant women.

TriCare Prenatal™ DHA ONE® with Folate Contains:	
Fish Oil Concentrate 10/50 TG	500 mg
DHA	215 mg
EPA	45 mg
Vitamin B-1	3 mg
Vitamin B-2	3.4 mg
Vitamin B-3	20 mg
Vitamin B-6	25 mg
Vitamin B-12	100 mcg
L-Methylfolate	800 mcg
Vitamin C	30 mg
Vitamin D3	800 IU
Vitamin E	30 IU
Biotin	300 mcg
Iron	27 mg
Zinc	10 mg
Copper	2 mg
Iodine	150 mcg

COMPARE DHA ONE® WITH FOLATE TO OTHERS


	Standard Prenatal Vitamin with Folic Acid	TriCare™ DHA ONE® with Folate with L-Methylfolate
Folate Conversion Completed	NO	✓
Effective for Women with Genetic Disorder MTHFR C677T Polymorphism ¹ (Over 50% of women of childbearing age have this genetic disorder) ²	NO	✓
More Effectively Increases Red Blood Cell Folate ³	NO	✓
More Efficient Homocysteine Metabolism ⁴	NO	✓
7x More Bioavailable ⁵	NO	✓

References in Chart:

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