

# NEW LIFE PRENATAL™

## FOOD COMPOUND VITAMIN

When a woman is pregnant or nursing, she goes through one of the most nutritionally demanding times of her life. Nutritional choices during this phase of life is particularly important because the baby's health and cognitive development are influenced by the mother's nutritional foundation and daily nutritional intake. It is also important to the mother's long-term health to supplement with a Food Compound Vitamin that provides a broad range of nourishing foods to avoid nutrient depletion that may lead to diminished health and radiance. **New Life™** is designed to provide complete nutritional support for a pregnant/nursing woman and her growing baby.

### FOOD COMPOUND NUTRITION

**New Life™** is created by skillfully combining each essential vitamin and mineral with a nourishing whole food extract. RightFoods™ whole food extracts are an excellent source of naturally occurring vitamins, minerals, and a multitude of beneficial food compounds. Scientific research has identified food compounds to have several important health-promoting roles in the body. It has been proven, a diet comprised mostly of fruits, vegetables, and whole grains is an essential element to achieve and maintain good health. These are foods rich in essential nutrients and food compounds that work to maintain optimal health of the mother and growing baby.

**New Life™** is an excellent choice for a mother and her baby because each recommended serving provides not only essential nutrients for optimal growth and development but also a broad selection of beneficial food compounds.

### NOURISHING HERBS

The tonic whole herbs chosen for **New Life™** are widely and safely used to help support the unique nutritional needs of a pregnant and nursing woman.

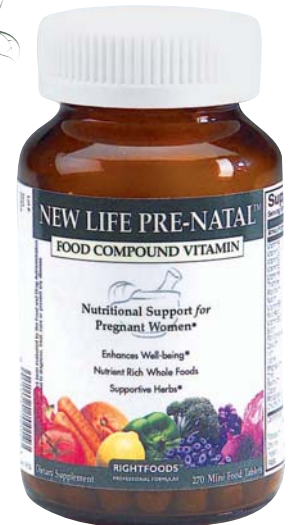
- Red Raspberry** A gentle herb known to support the reproductive system of women during and after pregnancy. It is also an excellent source of iron, an important mineral to replenish during pregnancy and lactation.
- Turmeric** A pregnancy tonic herb that helps to promote digestive health.
- Dandelion** An herb known to be helpful in reducing water retention and an excellent source of nutrients.
- Chamomile** An herb known to promote relaxation and well-being.
- Red Clover Blossoms** A nourishing herb commonly used to promote blood health.

Daily use of tonic whole herb extracts helps to promote good health. Like food, tonic herbs contain numerous food compounds beneficial to our health. RightFoods™ exclusively uses Complete Active Range™ herb extracts that, unlike many other types of herb extracts, contain after extraction all of the original compounds that each herb contained before extraction.

### COMPLETE ACTIVE RANGE

Each of the thousands of identified food compounds has been placed by its organic structure into one of the seven classes: terpenes, organosulfurs, phenols, organic acids, polysaccharides, lipids, and amines. A diet that includes all seven classes is vital to the health of a mother and her growing baby because each food compound class exhibits unique health-promoting activities.

**New Life™** is formulated with 31 foods such as spinach, kale, onions, carrots, cabbage, flaxseed, broccoli, tomatoes, wild blueberries, rice bran, cranberries, lemon peel, and more. All of these foods were chosen to fully represent each food compound class. This representation is called the Complete Active Range™, a quality unique to RightFoods™. During times of accelerated cellular and tissue growth, it is particularly important to incorporate a Complete Active Range™ of food compounds in the mother's diet to maintain healthy cellular reproduction. Food compounds are powerful antioxidants that have vital roles in protecting cells and tissues from damaging molecules called free radicals. No other pre/post-natal multi-vitamin provides a Complete Active Range™ of food compounds from a variety of the right foods.



# Supplement Facts

Serving Size 9 Tablets

Amount per Serving		% Daily Value ▼
Vitamin A	(Vitamin A <sup>††</sup> , Carrot*)	3000 IU 60
Vitamin C	(Vitamin C, Orange*)	100 mg 167
Vitamin D	(D3, Alfalfa*)	400 IU 100
Vitamin E	(Tocopherols, Flax*)	100 IU 335
Vitamin K	(K1, Kale*)	65 mcg 81
Thiamine	(B1, Rice Bran*)	15 mg 1000
Riboflavin	(B2, Pumpkin Seed*)	15 mg 882
Niacin	(B3, Green Papaya*)	25 mg 125
Vitamin B6	(B6, Green Pepper*)	15 mg 750
Folic Acid	(Folate, Onion*)	800 mcg 200
Vitamin B12	(B12, Beet*)	50 mcg 833
Biotin	(Biotin, Tomato*)	300 mcg 100
Pantothenic Acid	(B5, Cranberry*)	20 mg 200
Calcium	(AAC <sup>†</sup> , Hydrilla*)	250 mg 25
Iron	(AAC <sup>†</sup> , Kudzu*)	18 mg 100
Iodine	(Kelp*)	150 mcg 100
Magnesium	(AAC <sup>†</sup> , Alfalfa*)	100 mg 25
Zinc	(AAC <sup>†</sup> , Black Currant*)	15 mg 100
Selenium	(AAC <sup>†</sup> , Shiitake*)	50 mcg 71
Copper	(AAC <sup>†</sup> , Lemon Peel*)	500 mcg 25
Manganese	(AAC <sup>†</sup> , Wild Blueberry*)	5 mcg 250
Chromium (GTF)	(AAC <sup>†</sup> , Apple*)	50 mcg 42

## Carotenoids

..... (Beta Carotene, Carrot*)	3000 IU	**
Potassium	(AAC <sup>†</sup> , Cabbage*)	50 mg **
Choline	(Choline, Rice Bran*)	26 mg **
Inositol	(Inositol, Orange Peel*)	25 mg **
PABA	(PABA, Spinach*)	5 mg **

## Complete Active Range™ Herbal Extracts (safe to be taken on a daily basis):

Red Raspberry Leaf 4:1		
..... (Polyphenols, from 300 mg*)	75 mg	**
Dandelion Leaf & Root 4:1		
..... (Sesquiterpene, from 180*)	45 mg	**
Turmeric Root 10:1		
..... (Curcuminoids, from 450 mg*)	45 mg	**
Chamomile Flower 4:1		
..... (Sesquiterpene, from 140 mg*)	35 mg	**
Red Clover Blossom 5:1		
..... (Isoflavones, from 125 mg*)	25 mg	**

## Complete Active Range™ Food Compounds:

**Terpenes** (Carotenoids: Kelp 3:1, Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1); **Phenols** (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 7:1), (Flavonoids: Grape Extract 3:1, Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Soy 4:1, Kudzu 10:1); **Amines** (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1, Ginger 5:1); **Polysaccharides** (Rice Bran 3:1, Reishi 7:1, Shiitake 3:1), (Pectin: Apple 3:1); **Organosulfurs** (Indoles: Cabbage 3:1), (Sulforaphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); **Lipids** (Omega-3: Flax 3:1), (Sterols: Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); **Organic Acids** (Ellagic Acid: Black Currant 3:1), (Coumaric Acid: Green Pepper 5:1) ..... 935 mg

**Total Food & Herb Fresh Weight is 7,305 mg.**

\* Food extract with potency up to 50 times their actual weight.

\*\* Daily Value not established.

<sup>†</sup> Amino Acid Chelates are superior to many other mineral forms.

<sup>††</sup> Vitamin A Palmitate, Carotenoids including Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

## SPECIAL CONSIDERATIONS

During pregnancy, many women experience symptoms of nausea, decline in appetite, and aversion to smells and foods, to name a few. **RightFoods™** took these symptoms into consideration when formulating **New Life™** to create a readily digested "mini-tablet" that is not only easy to swallow but also *gentle enough to be taken on a empty stomach.*

The whole food extracts in **New Life™** also contain proteins and other compounds that act as "helping hands" in the absorption and delivery of vitamins and minerals to the cells that need them. This delivery mechanism, defined as utilization, is where good health begins. Without efficient utilization, the nutritional value of dietary vitamins and minerals is diminished. Other components of **New Life™** that enhance absorption and utilization include the following:

- Only 100% AAC (Amino Acid-Chelated) minerals are used. Studies have shown that this chelation process increases absorption and utilization up to 300% and is best suited for amino acid delivery and utilization.
- The food compounds and nutrients in **RightFoods™** whole herb extracts are readily available for utilization because the compounds are released from the protective cell wall of the plant during the extraction process, enhancing their bioavailability up to 50 times.

For optimal results, health care professionals recommend taking **New Life™** with **RightFoods™ Daily Cal-Mag™**, and **Digestive Care™**.

Additional Food Compound Vitamins by **RightFoods™** include: **B-Complex**, **Daily Bone Care™**, **Daily Minerals™**, and **Daily C-500™**.

It is prudent to consult with your health care professional and/or pharmacist before taking supplements with prescription or over-the-counter medications.

## Red Raspberry

*"Considered the "herb supreme" for pregnancy, raspberry leaf tones and nourishes the uterine muscles, is rich in vitamins and minerals and is especially high in naturally chelated iron, which the body can readily assimilate."*

Ref: Gladstar, Rosemary, *Herbal healing for Women*, New York: Fireside, Simon & Schuster Inc. © 1993

**All of RightFoods™ products are FREE from Corn, Dairy, Wheat, and Yeast.**

**All are formulated WITHOUT Artificial Colors, Flavors, Sugars, or Preservatives.**

**Free of GMOs based on average analysis. Tested Six Times For Potency And Purity.**

**RightFoods™, Inc.**

An FDA Registered Establishment

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Questions? Please call 800-634-6342, or speak directly to your health care professional.

[www.right-foods.com](http://www.right-foods.com)

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