

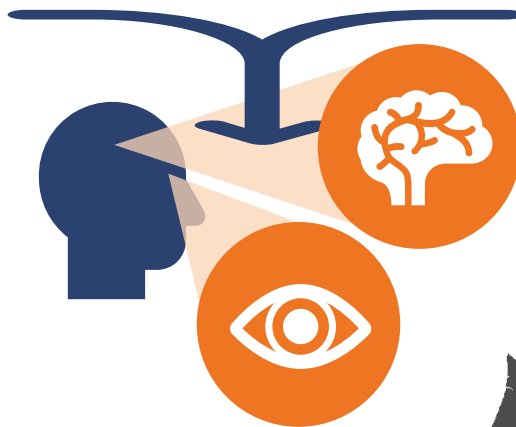
PREGNANT WOMEN NEED ADEQUATE INTAKE OF CHOLINE & DHA FOR INFANT BRAIN AND EYE DEVELOPMENT

Prenatal care can be improved with better understanding of maternal nutrient needs to help reduce rates of preterm births, low birth weight infants, and neural tube defects.

Choline

is an essential nutrient important for making and transporting fat in the cell, including Omega-3 DHA.

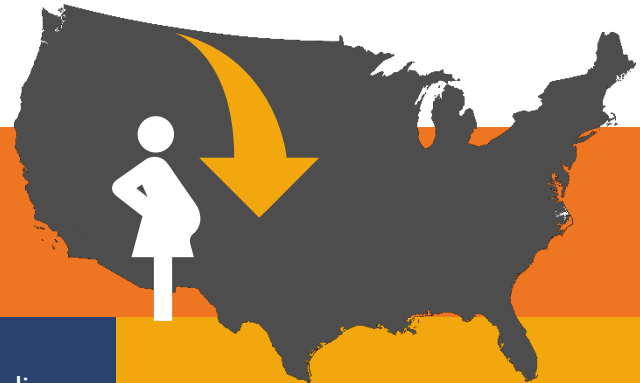
Choline and DHA work synergistically together support brain and eye health.



DHA

is an Omega-3 fatty acid that is a primary structural component of cells in the brain and eyes.

National data shows that most American adults do not have adequate dietary intake of Choline and DHA, especially in women of child-bearing age and pregnant or nursing women.



Research suggests inadequate intake of Choline, DHA or both may have a negative impact on fetal brain and eye development.



The demand for Choline increase as pregnancy progresses.



Choline is needed for placental development and to support fetal organ growth.



Women with low levels of Choline in the blood may be at increased risk of having a baby with neural tube defects.



Fetal DHA requirements peak in the 3rd trimester, as the brain and eyes rapidly develop.



DHA is transferred to the developing fetus, which may result in low maternal DHA levels, unless intake is increased with seafood or supplementation.



DHA supplementation during pregnancy may reduce rates of preterm births and low-birth weight infants.