



Pointers For Parents-To-Be

Prenatal Nutrition Breakthrough, Made In The U.S.A.!

(NAPSA)—Although 4 million+ babies are born in the U.S.A. each year, preparing for a baby can be both wonderful and very stressful. During this time, it's extremely important for women to understand how to keep themselves as healthy as possible.

We all know the basics: exercise, eat right and get plenty of rest, but here is some advice you may not know about prenatal nutrition that is crucial to your baby's development. So as the fireworks light up the sky this holiday weekend, let's celebrate health, happiness, and toast to the future babies made in the U.S.A.!

Understand the Fundamentals of Prenatal Nutrition

Getting the proper nutrition while you are planning to get pregnant is just as important as staying healthy during your pregnancy. Expecting moms may need nutritional supplements to stay healthy during pregnancy. Do your research and make sure you understand the current state of your health, so you can make the right nutritional decisions for yourself and your baby.

Save Yourself from Fishy Side Effects

Beyond the misery of morning sickness that many women suffer with, there are also the unfortunate side effects brought on by prenatal vitamins containing DHA sourced from fish or algae. Now, thanks to a new prenatal vitamin, OB Complete Gold, there is an alternative. This



Taking dietary supplements can help pregnant women have healthier babies.

new supplement comes in a small softgel and contains OmEGGa DHA, an egg-based, bio-efficient form of DHA found naturally in the brain, eyes and breast milk. Since OmEGGa DHA is derived from cage-free hens instead of algae or fish, you can minimize side effects associated with algae or fish.

Access at Your Fingertips

Women, if you are trying to get pregnant, head to your doctor and ask about OB Complete Gold. This prenatal vitamin provides a comprehensive formula with more absorbable forms of vitamins and minerals, and is sugar-free, lactose-free and gluten-free. This prenatal supplement also comes in an on-the-go package that helps keep track of your daily dosage. OB Complete Gold also just introduced New bEGGinnings, a loyalty program that delivers timely advice, solutions and savings right to your inbox. For more information, a free coupon or to sign up for New bEGGinnings, please visit www.obcompleategold.com.