

## PREGNANCY

# The Prenatal Vitamin Your Mom Wishes She Had

NewsUSA

(NU) - Sponsored News - Being pregnant can be an exciting time in your life. It's a whirlwind of things to do and appointments to keep. Quite often, though, expectant mothers are so worried about taking care of their unborn baby that they neglect to take care of themselves.

That's why many experts agree taking prenatal vitamins is of utmost importance for both mom and baby.

"During pregnancy, a woman's body undergoes many physical and hormonal changes. She can experience things like fatigue, loss of appetite and an upset stomach, which can make it difficult to maintain the proper levels of essential nutrients needed for a healthy pregnancy," says Jay M. Goldberg, MD FACOG, a Los Angeles-based obstetrician.

Prenatal vitamins, which contain important ingredients such as DHA, an omega-3 fatty acid, and folic acid, not only help soon-to-be-moms keep up with nutrients that can be lacking in a diet, but also can help a baby develop his or her brain, eyes and central nervous system.

It's important to know that not all vitamins are the same, and now there is another choice. Vertical Pharmaceuticals LLC has created the first and only prenatal vitamin containing egg-based DHA - OB Complete Gold. OB Complete Gold contains OmEGGa DHA, a bio-ef-



**So you're infan-ticipating?  
Make sure to take  
your vitamins.**

ficient form of DHA found naturally in the brain, eyes and breast milk that comes from cage-free hens. OmEGGa DHA is easily absorbed and digested into the body and is distributed in fewer, simpler steps.

OB Complete Gold comes in a small softgel taken once daily and is a comprehensive formula with highly soluble forms of vitamins and minerals. It is sugar-free, lactose-free, and gluten-free.

To aid busy moms, the supplement vitamin comes in an on-the-go package that helps them keep track of their daily dosage, offers helpful information on baby's development during each trimester and provides offers for savings on refills. OB Complete Gold is a prescription prenatal vitamin, so talk to your healthcare provider and try it for free.

For more product and safety information, please visit [www.obcompletegold.com](http://www.obcompletegold.com).