

ARE YOUR PRENATAL PATIENTS GETTING ENOUGH CHOLINE?

Only ~10% of pregnant women in the US have an adequate intake of choline¹

- The American Academy of Pediatrics emphasizes the importance of choline as a brain-building nutrient for the developing baby²

ONE A DAY® Prenatal Advanced Multivitamin with

3 BRAIN BUILDING*
essential nutrients + IRON:

Choline
110 mg

+

Folic acid
800 mcg

+

DHA
200 mg

Support for baby's
cognitive development*

Support for baby's brain and
spinal cord development*

Important structural
component of the brain*



RECOMMEND
ONE A DAY® PRENATAL
ADVANCED MULTIVITAMIN

*This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

See other side for more about choline in pregnancy.



ONLY[†] ONE A DAY[®] PRENATAL ADVANCED MULTIVITAMIN IS RICH IN CHOLINE

The **American Medical Association** emphasizes the importance of maternal choline intake during pregnancy and lactation²

The average choline intake among US pregnant women is 319 mg/day.¹ Only[†] ONE A DAY[®] Prenatal Advanced Multivitamin provides 110 mg of choline per serving to bring levels up toward the intake recommended in pregnancy: 450 mg/day.¹



**RECOMMEND
ONE A DAY[®]
PRENATAL ADVANCED,**
the most advanced prenatal multivitamin[†] to
support brain and cognitive development*



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[†]Among leading prenatal brands. Includes 110 mg choline per serving.

References: 1. Wallace TC, Fulgoni VL. Usual choline intakes are associated with egg and protein food consumption in the United States. *Nutrients*. 2017;9:839. doi:10.3390/nu9080839 2. Wallace TC, Blusztajn JK, Caudill MA, Klatt KC, Zeisel SH. Choline: the neurocognitive essential nutrient of interest to obstetricians and gynecologists. *J Diet Suppl*. 2019. doi:10.1080/19390211.2019.1639875

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