



Other ingredients. No standard recommended amount)					Inositol, PABA	Boron, Inositol, PABA, Enzymes, Protease, Amylase, Lipase, Cellulase, Spirulina, ginger juice, red raspberry leaf	see label for details on other ingredients like: Carotenoids, sprouted seeds, milled soy, and 'prenatal herbal response'	Docusate sodium 50 mg (stool softener)		PABA, Blend for enhancing fertility: red clover blossom, Siberian ginseng, chaste tree berry, ginkgo biloba	L Arginine, N Acetyl Cysteine, Grape Seed Extract, Lactobacillus acidophillus	Chasteberry (Vitex agnus-castus)-40mg; Green tea 200mg; L-arginine, 800mg
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† Pricing and content information based on data available on [www.drugstore.com](http://www.drugstore.com) in January thru March 2010.

\* Dietary Reference Intakes: Recommended Intakes for Individuals. Food and Nutrition Board, Institute of Medicine

<http://iom.edu/en/Global/News%20Announcements/~media/Files/Activity%20Files/Nutrition/DRI/DRISummaryListing2.ashx>

\*\* Current recommendation for Vitamin D is 200 IU per day, with maximum intake of 2000 IU. However, researchers argue that this is an arbitrary amount based on inadequate, dated research. They propose recommended daily amount of 2000 IU, with a maximum safe intake at 10,000 IU. (See: Nutritional vitamin D status during pregnancy: reasons for concern. Bruce W. Hollis, Carol L. Wagner. CMAJ • April 25, 2006 • 174(9) | 1287)

Information included here is for reference, and not intended as a medical recommendation. Consult your caregiver recommendations tailored to you, and consult manufacturer's information for current formulations.