

CHLOROPHYLL Nature's Green Magic!

Chlorophyll is the life force of plants and contains life-giving nutrients that are easily assimilated by the human body. Its molecular structure is very similar to the molecular structure of the human red blood cell molecule called hemoglobin. It is a natural blood builder and has some of the same effects as iron. (Iron is necessary for body cells to receive sufficient oxygen.) Chlorophyll is high in iron as well as calcium, Vitamin K and trace minerals. Alfalfa, nettles and parsley are very high in chlorophyll. Chlorophyll is recommended as a supplement ideally suited for expectant and nursing mothers.

- Helps control and regulate calcium levels in the blood
- Increases iron in milk of nursing mothers
- Increases milk in lactating mothers
- Its fluids clean the structure of the cell and its important minerals build new cell life
- Protection against hemorrhages because the high Vitamin K content helps coagulate blood
- A natural healer and cleanser for chronic conditions internally and externally
- Stops growth and development of toxic bacteria
- Accelerates tissue cell activity and normal re-growth of cells (which helps the body heal faster)
- Helps purify the liver and eliminate drug deposits, old toxic material, chemical sprays from foods, artificial flavorings, colors and other coal tar products that may be stored in the liver
- Aids in the flow of bile, which in turn encourages the bowel to function properly
- Helps to keep the colon healthy because it destroys toxic and disease causing bacteria
- Serves as a blood purifier
- Used as a gargle for bad breath and sore throats

RED RASPBERRY LEAF

"A tea made from Red Raspberry leaves is the best gift God gave women." Quaker Herbalist of England

- Decreases the menstrual flow without abruptly stopping it.
- Relieves painful menstruation.
- Contains nutrients to strengthen the uterus wall
- Helps nausea
- Reduces pain and eases childbirth
- Enriches colostrums found in breast milk
- Postpartum, will aid in decreasing uterine swelling and cut down on postpartum bleeding
- Strengthens the entire reproductive system
- Decreases chances of miscarriage for premature babies
- Aids mother to carry the baby full term
- Alleviates morning sickness and nausea
- Tones and regulates the uterus before, during, and after childbirth
- Increases milk supply
- High in minerals and vitamins
- Soothes the stomach, bowels, and alimentary tract

Red raspberry is used as a basic herbal foundation for all female organs and problems. Red raspberry is one of the most renowned and proven herbs for women, especially during pregnancy.

Red raspberry is high in calcium and iron. It contains vitamins A, C, D, E, F, G, and B. The minerals present are phosphorus and manganese. Its use has been historically documented in Chinese and European culture.

Recommended Nutritional Supplements

Prenatal Vitamins: *(Containing conventional folic acid)*

- Garden of Life – Raw Prenatal
- MegaFood Baby & Me Prenatal Vitamin
- Nature Made – Prenatal Multi and DHA
- New Chapter Organic – Perfect Prenatal
- Now Foods - Pre-Natal Multivitamin with DHA
- Premama Plus Prenatal Multivitamins
- Rainbow Lite
- Super Nutrition Simply One Prenatal
- Twin Lab

Prenatal Vitamins: *(Containing methylated folate – B₉ and/or methylated cobalamine B₁₂)*

- Garden of Life Kind Organics Prenatal Multivitamin
- Jarrow – Preg-Natal + DHA
- Seeking Health Optimal Prenatal
- Thorne Research Basic Prenatal

Iron Supplements: *(in addition to chlorophyll or alfalfa)*

- Floradix Iron + Herbs
- Garden of Life - Vitamin Code Raw Iron
- Nature's Bounty – Gentle Iron
- Nature's Plus - Hema-Plex
- Now Foods – Iron Complex
- Rainbow Light Complete Iron System Food-Grown Iron Supplement
- Solgar - Gentle Iron
- Thorne Research Ferrasorb *(w/ methylated folate and cobalamine)*

Other Frequently Recommended Supplements

Methyl Folate and/or B-complex:

- Jarrow - Methyl Folate [*(6S)*-5-Methyltetrahydrofolic Acid Glucosamine Salt]
- Jarrow – B-Right [*Optimized B-Complex w/ Methylcobalamin B₁₂ & Methylfolate - (6S)*-5-Methyltetrahydrofolic Acid Glucosamine Salt]

Hypertension:

- Nature's Way – Hawthorn Berry
- (Magnesium – 400 mg – any good quality supplement)

Urinary Tract Infections:

- American Health – Apple Cider Vinegar
- Nature's Bounty Cranberry Fruit 4200mg/ Plus Vitamin C – gelcaps
- Now Foods – D-Mannose

Varicose Veins and/or Hemorrhoids:

- Nature's Way - Leg Veins

You may also be asked to take other supplements, such as:

- *Calcium/Magnesium*
- *Chlorophyll*
- *Alfalfa*
- *Evening Primrose Oil*
- *Red Raspberry Leaf*

During the course of your pregnancy, one or more of these may be recommended for various reasons. Your midwife will recommend the best ones tailored for your individual needs at that time. The above list is only to provide you with a good resource list of frequently-recommended or preferred brands or suppliers. If you have another preference or wish to take other supplements other than the ones recommended by your midwife, please discuss this prior to purchase.