



“The world’s purest prenatal vitamins™”

www.bebe-O.com

Dear healthcare professional,

We welcome you to take the opportunity to review bebe-O™ Prenatal Vitamins. In this monograph, we have outlined all the important facts about bebe-O™ to help assist you on deciding whether our prenatal vitamins is the suitable and preferred choice for your patient.



Highlights:

- ⇒ Formula derived from scientific publications, peer-reviewed journals and trusted maternal sources including: PubMed, NCBI and Medline Plus
- ⇒ Small and easy-to-take vegetarian capsules with no taste or smell
- ⇒ 4 categories of nutrition: Vitamins, minerals, antioxidants and digestive enzymes
- ⇒ Plant-based highly raw ingredients sourced from reputable sources with independent re-testing of Certificate of Analysis
- ⇒ Manufactured in a 85,000 sq. foot state-of-the-art facility with GMP certification and FDA-compliant equipment.
- ⇒ USP grade materials with programs involving independent testing and reviews to ensure purity and potency
- ⇒ All ingredients in their most active elemental form to optimize the intestinal absorption of nutrients including: citrates and chelates
- ⇒ Registered by The Vegan Society
- ⇒ Sustainable and eco-friendly company with a core belief in helping reach out to children. Every bottle sold will help a less-fortunate child receive high dosages of Vitamin A and multivitamins for one year through a partnership with Vitamin Angels

Recommended Use: For adults, take (2) capsules twice daily with food or water.

Supplement Facts		
Serving Size: 4 Capsules Servings Per Container: 30		
	Amount Per Serving	%DV
Vitamin A (betatene)	4000 IU	80%
Vitamin C (ascorbic acid, citrus bioflavonoids, rutin)	60 mg	100%
Vitamin D2 (ergocalciferol)	400 IU	100%
Vitamin E (d-alpha tocopherol, mixed tocopherols)	30 IU	100%
Vitamin K1 (phylliquinone/phytonadione)	30 mcg	38%
Vitamin B1 (thiamine HCl)	1.2 mg	80%
Vitamin B2 (riboflavin-5-phosphate)	1.2 mg	71%
Vitamin B3 (niacinamide)	8 mg	40%
Vitamin B6 (pyridoxal-5-phosphate)	2.5 mg	125%
Folic Acid	600 mcg	150%
Vitamin B12 (methylcobalamin).....	6 mcg	100%
Biotin.....	200 mcg	67%
Pantothenic Acid (provitamin panthenol, calcium pantothenate)	7 mg	70%
Calcium (citrate)	250 mg	25%
Iron (chelate)	25 mg	139%
Magnesium (citrate)	80 mg	20%
Zinc (citrate)	8 mg	53%
Selenium (selenomethionine).....	20 mcg	29%
Copper (chelazone).....	1.2 mg	60%
Manganese (citrate)	1 mg	50%
Chromium (dnicotinate glycinate)	25 mcg	21%
Molybdenum (citrate).....	8 mcg	11%
Antioxidant Blend.....	500 mg	†
(Acerola & Rosehips extract, Blackstrap Molasses, Carrot powder, Dunaleilla salina extract, Ginger root, Grape seed extract, Raspberry Leaf, safflower seed oil powder, shiitake mushroom, Vegetarian yeast)		
Proprietary Blend.....	75.5 mg	†
Phosphatidyl choline, Inositol (myo-inositol), Cerecalase, Amylase enzymes, Betaine hydrochloride, PABA, Protease enzymes, Vitamin B15 (dimethyl glycine HCl, calcium gluconate), Bromelain, Papain, Lipase enzymes, Cellulase enzymes.		

† Daily Value not established.
Other Ingredients: Vegetable Capsule, Rice Flour, and Magnesium Stearate.
May Contain: Traces of Peanuts and Soy

Does not contain: GMO’s, gluten, wheat, lactose, sugar, preservatives, animal products or byproducts, artificial colors or flavors and no synthetic ingredients.





www.bebe-O.com

Notice: bebe-O™ is sold at participating natural health retailers and online at www.bebe-O.com and **does not require a prescription.** bebe-O™ is classified as a “Dietary Supplement” and is regulated by the FDA as such. This monograph is specifically prepared for healthcare professionals.

INDICATIONS AND USE:

bebe-O™ is a vitamin-mineral supplement specially formulated for use in women at least 2-3 months prior to conception throughout pregnancy and during the postnatal period. It is formulated to supply women who are planning a pregnancy or are pregnant and are considered low-to-medium risk vitamin/mineral deficient, and/or are for pregnant women who experience low to moderate symptoms of emesis gravidarum (also known as morning sickness or NVP) as indicated by the judgment of the attending physician.

The physiological changes of pregnancy call for extra nutrients and energy to meet demands of an expanding blood supply, the growth of maternal tissues, a developing fetus, loss of maternal tissues at birth and preparation for lactation. During pregnancy, special attention should be given to folate, calcium, vitamin D and iron intakes because there is a potential for inadequate intakes in some groups of women.

Taking vitamin and mineral supplements does not eliminate the need for a balanced nutrition.

bebe-O™ is formulated to include a total of 44 whole-food ingredients. Suggested serving is take (2) capsules twice daily with food or water.

CONTRAINDICATIONS

This product is contraindicated in patients with known hypersensitivity to any of the ingredients in the formulation or supplement facts of the container.

WARNINGS AND PRECAUTIONS

General

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Keep this product out of the reach of children. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a regional poison control center immediately.

Do not exceed the recommended dose.

DRUG INTERACTIONS

Overview

bebe-O™ is classified as a ‘Dietary Supplement’ and are regulated by FDA as such. The law defines dietary supplements, in part, as products taken by mouth that contain a "dietary ingredient" intended to supplement the diet. Thus, no formal vitamin/mineral-drug interaction or vitamin/mineral-herb studies have been performed with bebe-O™.

Side Effects

bebe-O™ is a natural dietary supplement with no known side effects reported. The most common adverse reactions associated with vitamin-mineral supplements are gastrointestinal symptoms such as constipation, diarrhea, nausea and gastric irritation.

DOSAGE AND ADMINISTRATION

Take at least 2-3 months prior to conception, throughout pregnancy and during the postnatal period.

It is recommended to take (2) capsules twice daily. Two in the morning with breakfast and two in the evening with dinner. The schedule may be individualized according to a woman’s specific condition as judged by the attending physician. It can be suggested to wait (1) hour before or after meals in the case of emesis gravidarum .

The purpose of taking the two capsules at different times is to prevent calcium inhibition on the absorption of iron, to prevent folic acid from interacting with iron resulting in their decreased intestinal absorption and to divide iron dosages throughout the day to help relieve emesis gravidarum.

Last revised: June 28, 2010