



## **PREGNANCY**

### **Nutritional Support Protocol**

#### **Lifestyle Recommendations:**

1. Quit smoking and drinking alcoholic beverages.
2. Avoid caffeine. Try to keep coffee/tea consumption to a maximum of 2 cups daily.
3. Avoid stress and extra obligations.
4. Exercise only by the advice of your obstetrician.
5. Practice good sleep habits and get between 8-9 hours of sleep a night.
6. Avoid all chemicals including NutraSweet and all artificial sweeteners (Xylitol is safe for pregnancy).
7. Avoid over the counter medications including aspirin and Tylenol, sleep medications, cold remedies, etc.
8. Avoid all herbs unless recommended by your health care practitioner.
9. Do not take Vit A in doses above 5,000 IU daily unless recommended by your health care practitioner.

#### **Dietary Recommendations:**

1. Drink at least 8 glasses of purified water daily.
2. Avoid soda drinks especially Diet soft drinks.
3. Avoid empty sweets to prevent gestational diabetes (Polyols such as Xylitol is safe for diabetics. It minimally affects blood glucose levels.)
4. Aim for all organic fruits and vegetables to avoid pesticides.
5. Eat three meals a day with protein (free range is best) at every meal including eggs, fish, chicken and lean red meat.
6. Avoid margarine, hydrogenated vegetable oils and fried foods.
7. Snack on fruits, vegetables, small amounts of nuts such as almonds, olives or avocado, or healthy protein bars such as PaleoBars.

#### **Supplement Recommendations:**

**Prenatal Pro Essential Packets:** 1 packet with breakfast and dinner  
**Carnitine Synergy:** 1 capsule with breakfast and lunch, 2 per day  
**Zinc Supreme:** 1 capsule with breakfast, or dose per Zinc Taste Test  
**Probiotic Synergy Probiospheres:** 1 sphere with dinner

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.