



Avasia Releases Information Regarding Benefits Of Prenatal Vitamins

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It is common for women to be prescribed prenatal vitamins during pregnancy, but many are unaware of the real benefits of taking them. Beaverton, Oregon based company, Avasia, has recently released information that provides an insight into why these vitamins are important during pregnancy, and what pregnant women should look for when buying them.

Natasha Avasia, owner and CEO of the company, states, "So many companies target pregnant women with their prenatal products, but these products don't always include the recommended daily allowances of some vital minerals and nutrients." Many companies selling prenatal DHA for instance, do not include the RDA in their products. According to Avasia, their product contains more than the recommended daily allowance of both DHA and EPA.

Prenatal vitamins assist in providing pregnant women with a combination of vitamins and minerals that are needed during pregnancy, such as iron and folic acid, which studies have shown are much more important during pregnancy than at other times. Folic acid has been found to help prevent neural tube defects, such as brain abnormalities. Iron has also been observed to support fetal growth and help prevent anemia in the

mother.

"Our prenatal vitamins are specifically designed by our Advisory Board of Doctors and Scientists," declares Natasha Avasia. "They contain vital nutrients that a mother may miss even with the healthiest of diets."

The company states that their prenatal vitamins (they sell both tablet and liquid form) are essential for pregnant as well as nursing mothers. Natasha Avasia pointed out that while most similar products on the market do contain a combination of essential nutrients, it is particularly important to ensure that they have the right amount of folic acid and iron, which are both needed in large amounts during pregnancy. In fact, Avasia's products contain more of both of these nutrients than what is recommended for pregnancy. The company pointed out that this is what makes it the optimal choice during pregnancy and after, all the way through breastfeeding.

Those interested in learning more about the company can visit them on their official website at www.avasia.com. Their prenatal vitamins are available through their Amazon page at <http://www.amazon.com/AVASIA-Pre-Pregnancy-Pregnancy-Breastfeeding-Nutrition/dp/B00KZL5OGE>.

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Avasia

Avasia provides supplements and vitamins for women throughout life, with a particular emphasis on prenatal supplements for women who are hoping to conceive or are already pregnant or breastfeeding

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