



Pre- and perinatal health refers to the health of the birth parent and baby before and during pregnancy and after birth. Pregnancy and early development require key foundational nutritional and lifestyle interventions to ensure proper fetal development and long-term wellness for both the child and the birth parent.

Certain medical complications may arise during pregnancy that may require additional support. Hypertension, for example, is the most common medical complication during pregnancy.¹ Risk factors for gestational hypertension include prior preeclampsia, certain preexisting chronic conditions, and advanced maternal age.¹ Gestational diabetes mellitus (GDM) is increasing in prevalence and may occur in approximately 7% of pregnancies (ranging from 1% to 14%).² The risk of developing type 2 diabetes mellitus increases with prior GDM diagnosis.³

Bacterial vaginosis (BV) is characterized as a vaginal dysbiosis involving a reduced amount of *Lactobacillus* and an increase in anaerobic bacteria.⁴ It is the most prevalent vaginal disease in reproductive-aged women and may occur in approximately 12% of pregnant individuals.⁴ The incidence of BV is associated with a greater risk of urogenital infections, preterm birth, miscarriage, infertility, and pelvic inflammatory disease.^{5,6} BV risk factors include a lack of hydrogen peroxide-producing *Lactobacillus* in the vaginal microbiome.^{4,7}

This clinical protocol is designed to support conception, pre- and perinatal status, and early fetal and infant development and includes evidence-based lifestyle and dietary interventions known to support a healthy pregnancy.* For information regarding preconception support, refer to the **Female Fertility Protocol**.

Considerations for Pre- and Perinatal Health

A balanced nutritional intake during pregnancy may help support fetal growth and may help reduce the risk of preterm birth and other potential complications.⁸ Each pregnancy requires individual care; however, some dietary and nutritional considerations for pregnant individuals include:

- Assess nutritional status to ensure adequate intake of essential nutrients, particularly calcium, iron, vitamin D, vitamin B12, folate, and other recommended daily allowances.⁸
- Foods rich in omega-3 polyunsaturated fatty acids, such as flaxseed, walnuts, or low-mercury fish and shellfish, with a daily intake of 200 mg of DHA may help support a healthy pregnancy and lower the risk of preterm birth.⁸
- Supplementation with vitamin B12 and folate may help promote fetal growth and neural tube formation.⁸
- Probiotic-rich foods or supplementation with probiotics have been shown to help support a balanced vaginal and GI microbiome.⁵⁻⁷
- Screening for GDM, including history, blood glucose levels, and other risk factors, should occur at 24 to 28 weeks.⁸ A recent Cochrane study suggests that myo-inositol may help support certain parameters related to healthy blood sugar metabolism during pregnancy.⁹ A Mediterranean-type diet may help reduce the risk of GDM.⁸
- Consider recommending an adequate intake of choline, which may help support proper fetal neural development.⁸

Lifestyle Interventions

- Recommend stress management techniques such as meditation, yoga, or similar mindfulness practices, as psychological stress may be a risk factor for certain pregnancy-related complications.^{1,4,10}
- Evidence suggests that caffeine intake below 200 mg daily may not contribute to additional risk of preterm birth.⁸
- Recommend avoiding exposure to endocrine-disrupting toxins such as bisphenol-A, which may contribute to adverse outcomes during pregnancy.¹¹
- According to the 2020 National Survey on Drug Use and Health, approximately 1 in 5 pregnant women have reported substance use (including tobacco, alcohol, or illicit substances) within the past month. Providing person-centered care and cessation resources may help support outcomes for parents and the child.¹²



Supplement Protocol

Primary Support:



Prenatal Pro™ Essential Kit

Dose	Prenatal Pro™: 4 capsules per day with a meal (for divided dosing, take 2 capsules twice daily with meals) OsteoForce™: 4 capsules per day with a meal (or 2 capsules twice daily with meals) OmegAvail™ Hi-Po: 2 softgels per day with a meal
Duration	While trying to conceive, during pregnancy, and postnatally
Formula Highlights	For optimal nourishment of baby and birth parent before, during, and after pregnancy, particularly if breastfeeding.* Each kit contains: <ul style="list-style-type: none"> • Prenatal Pro™ capsules, providing essential vitamins and minerals for optimal fetal development and maternal health* • OsteoForce™ provides chelated minerals to help support bone development and health* • OmegAvail™ Hi-Po to support brain development, optimal cellular function and repair, skin health, and neurological function*

ProbioMed™ Women

Dose	1 capsule per day with a meal
Duration	Ongoing
Formula Highlights	ProbioMed™ Women is a once-daily probiotic formula designed to help target and support women's vaginal and gastrointestinal (GI) health.* This formula provides a clinically relevant serving of 25 billion colony-forming units (CFUs) featuring ten highly-researched probiotic strains that help promote normal vaginal pH and GI health, a normal immune response, brain health, a healthy mood, and microbial balance.* These concentrated capsules feature delayed-release technology for optimal survival in the stomach and properly timed-release in the lower GI tract.

GPC Liquid

Dose	2 mL (2 droppersful) per day
Duration	Ongoing
Formula Highlights	GPC (glycerophosphocholine) is a supportive nutrient for the brain, kidneys, muscles, and other organs, and is a building block for cell membrane phospholipids.* Choline is critical for a number of physiological processes during the prenatal period to support brain development, optimal cellular health, gene expression, and tissue growth.*

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference---pregnancy-support-references>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT) is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies*. St. Louis, MO: Mosby-Elsevier; 2008.

Well World™ and *Designs for Health* and logo are trademarks of Designs for Health, Inc. © 2024 Designs for Health, Inc. All rights reserved.

*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.