

The Best Nutrition for Hopeful, Soon-to-Be, and New Moms

MEOLOGY™ PRENATAL

A science-backed, safe lineup of products to support the body's journey into motherhood. Meology Prenatal supports the core nutritional needs of mom and baby during all 3 natal stages, from before you know you're pregnant to the first 6-12 months after baby arrives. Meology Prenatal also helps address mom's personal discomforts and struggles, including occasional morning sickness, mild indigestion, and leg cramps.

PREGNANCY PREP - #89596 | 30 SERVINGS

PREGNANCY - #89597 | 30 SERVINGS

POSTNATAL - #895980 | 30 SERVINGS

**ON LOYALTY ORDER, STARTING AT:
MEMBER PRICE: \$74.00 | PV: \$42.50**



MEOLOGY PRENATAL IS HSA & FSA ELIGIBLE!

Why We Love It



Expert Developed - Formulated by doctors and scientists based on American College of Obstetricians and Gynecologists nutrition recommendations.



Superior Nutrition - Loaded with 23 vitamins and minerals—plus 300 mg omega-3s, including 250 mg DHA—and 225 mg choline to provide nutritional support that supersedes other popular prenatal vitamins.



No Big Pills - A new approach to prenatal vitamins, Meology Prenatal includes a refreshing, gentle-on-the-stomach multivitamin drink mix, chewables and gellys, soothing drops, and easy-to-take tablets.



Only the Good Stuff - Made with clean, effective, proven ingredients that are safe for both mom and baby. No artificial preservatives, flavors, or sweeteners.
Dairy & Lactose Free / Gluten & Wheat Free / Soy Free / No Artificial Sweeteners or Flavors / No Preservatives



Convenient - Saves time and eliminates guesswork. Have your monthly supplements delivered to you automatically.



When You Buy, We Give - Through Shaklee Cares® and our partnership with Vitamin Angels®, every purchase of Meology Prenatal helps provide life-changing nutritional support to pregnant women and children in need across all 50 states and around the world.

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Shaklee®



Pregnancy Prep

Core Nutrition

\$74
MEMBER PRICING



Pregnancy



Postnatal



Optional Pack Add-Ons

ONLY \$15 each



CoQ10
For fertility support while trying to get pregnant*



Stress Relief Complex*
To help alleviate feeling of stress and support a calm state*



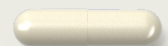
Chewable Cal Mag Plus
For occasional leg cramps, mild indigestion, and sleep support*



Optiflora@ DI
For digestive support and relief of occasional constipation*



Vital D3®
To enrich breastmilk with 2000 IU vitamin D
ONLY \$5



Optiflora@ DI
For digestive support and relief of occasional constipation*

Additional Add-Ons

PRICING IS
STANDARD
MEMBER PRICING



Life Shake™
To support a healthy weight when trying to conceive



Life Shake™
For extra nutrients and protein during pregnancy



Life Shake™
For extra nutrients and protein to help recover from pregnancy



Energizing Tea
For natural energy†



Energizing Tea
For natural energy†



Stomach Soothing Drops*
For occasional morning sickness and upset stomach*

Shaklee

†Be sure to ask your doctor about caffeine consumption during pregnancy and while breastfeeding



FAQ

How does Meology Prenatal Work?

Customize - Take our short assessment. Tell us if you're (1) preparing to get pregnant, (2) pregnant, or (3) postnatal.
 Grab & Go - Convenient, daily grab-and-go packs will be delivered to your door every month.
 Give - Every purchase gives life-changing nutrition to pregnant women around the world through our partnership with Vitamin Angels®.

How many supplements are included in Meology Prenatal?

All three phases of the Meology Prenatal Program include the following core products:

- Prenatal MultiV Drink - 1 stick pack
- Omega-3 Gellys™ - 1 gelly
- MultiM Tablet - 1 tablet

In addition to these core products, optional products can be added to your Vitamin Pack during each natal phase. These products can help address your unique personal needs.

The following optional products can be added to the Pregnancy Prep Vitamin Pack:

- CoQ10 - 1 softgel for fertility and conception support*
- Stress Relief Complex* - 1 caplet to help relieve tension and stress*

The following optional products can be added to the Pregnancy Vitamin Pack:

- Chewable Cal Mag Plus - 2 chews for occasional discomforts of pregnancy, including leg cramps, sleep challenges, and mild indigestion.*
- Optiflora® DI - 1 capsule for digestive and immune support*

The following optional products can be added to the Postnatal Vitamin Pack:

- Vita-D3® - 1 tablet to support the nutritional content of breast milk
- Optiflora DI - 1 capsule for digestive and immune support*

In addition to the optional products that can be added to your Vitamin Pack, the following products can be purchased as optional add-ons to support your additional needs.

The following optional products can be purchased during the Pregnancy Prep phase:

- Life Shake™ - To help support healthy weight while trying to conceive

The following optional products can be purchased during the Pregnancy phase:

- Stomach Soothing Drops* - For occasional morning sickness or upset stomach.*
- Life Shake - For extra nutrients and protein during pregnancy
- Energizing Tea - For natural energy

The following optional products can be purchased during the Postnatal phase:

- Life Shake - For extra nutrients and protein to support you while you're breastfeeding
- Energizing Tea - For natural energy

What nutrients does Meology Prenatal provide?

Meology Prenatal was carefully formulated to support the core nutritional needs of pregnant, breastfeeding, and pumping women based on daily value requirements and recommendations by the American College of Obstetricians and Gynecologists.

The core products in Meology Prenatal (Prenatal MultiV Drink, MultiM Tablet, Omega-3 Gelly) deliver 23 essential vitamins and minerals, including 100% or more of the daily value of 20+ vitamins and minerals. They also deliver 300 mg omega-3s, including 250 mg DHA and 50 mg EPA, plus 225 mg choline.

Why does the Meology Prenatal Program use folic acid rather than methylfolate?

Methylfolate has been proposed as an alternative supplemental folate form, especially for people with MTHFR gene mutation. However, there is no clear evidence or recommendation by authorities that people with a MTHFR mutation should take methylfolate rather than the well-studied folic acid. For more information, please go to <https://healthresource.shaklee.com/folic-acid-vd-methylfolate/>

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



FAQ

When should I take my Meology Prenatal supplements?

We recommend that you take your supplements with food. It might be easier to remember if you take them at the same time each day, for example, with breakfast.

Do the products in the Meology Prenatal Vitamin Packs have an expiration date?

We recommend that the products in the Meology Prenatal Vitamin Packs be consumed within 60 days of receipt.

I have a food allergy or specific dietary preference. How do I know if any of the recommended products contain ingredients I should or want to avoid?

On the recommendation page, just below each product description, you can find indicator icons for all relevant product attributes. We always recommend that you consult your physician if you have any specific concerns regarding which products are appropriate for you.

Is Meology Prenatal Vegan? Vegetarian? Kosher? Gluten-Free? Dairy-Free? Soy-Free? Nut-Free?

	Vegetarian	Vegan	Kosher	Gluten-Free	Dairy-Free	Soy-Free	Nut-Free
Prenatal MultiV Drink	✓		✓	✓	✓	✓	✓
MultiM Tablet	✓	✓	✓	✓	✓	✓	✓
Omega-3 Gellys™				✓	✓	✓	✓
CoQ10				✓	✓		✓
Stress Relief Complex*	✓	✓	✓	✓	✓		✓
Chewable Cal Mag Plus	✓		✓	✓	✓	✓	✓
Optiflora® DI	✓	✓	✓	✓	✓	✓	✓
Vita-D3®	✓		✓	✓	✓		✓
Life Shake™	✓	✓	✓	✓	✓	✓†	✓
Stomach Soothing Drops*	✓	✓		✓	✓	✓	✓
Energizing Tea	✓	✓	✓	✓	✓	✓	✓

†Non-soy plant protein

Is it ok to use caffeine when I'm pregnant or breastfeeding?

We recommend that you talk to your physician about caffeine usage during pregnancy and while breastfeeding. Shaklee Energizing Tea contains only 70 mg of caffeine, which is equivalent to about ⅓ of a cup of coffee.

Will Meology Prenatal work for me if I'm nauseous?

Meology Prenatal offers a new and unique approach to prenatal vitamins that's designed to be gentle on the stomach. It includes a refreshing, gentle-on-the-stomach multivitamin drink, gellys, and easy-to-take tablets as well as optional chewables and soothing drops.

Can I take Meology Prenatal products with other medications?

We recommend you talk to your physician prior to use.

Can I take Meology Prenatal with another prenatal multivitamin, such as Vita-Lea® or Vitalizer™ Women?

We recommend that you take either Meology Prenatal or your current prenatal multivitamin. We do not recommend that you take both at the same time. If you are preparing to become pregnant, are pregnant, or recently had a baby, Meology Prenatal is the best solution for you. It was carefully formulated to support your core nutritional needs based on daily value requirements and recommendations by the American College of Obstetricians and Gynecologists.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



FAQ

What if my "status" or my health needs change? How do I update my order?

We've set up your Meology Prenatal subscription so that you move seamlessly through each stage, wherever you are in your pregnancy journey. However, if anything changes (such as a pregnancy or a birth), you can let us know by logging in to your Meology account. Additionally, if your personal needs change, for example, if you're looking for support for occasional morning sickness or leg cramps, you can modify what optional products are included in your order. Just go to your recommendation page and use the green toggles to the right of each product to include/exclude a recommended product. If you develop any other new symptoms, it is important to always discuss them with your OB professional.

Will my personal information be shared?

Your personal information will not be shared with anyone without your affirmative consent and is safeguarded in our IT system. For more details on our privacy practices and use of data, you can review our privacy policy [here](#).

Do I need to remember to place a Meology Prenatal order each month?

When you add Meology Prenatal to your cart, it is automatically added as a recurring monthly order, so you never run out. Selecting this option will give you the best price on each order as well! However, if you would rather manage reordering yourself, all you have to do is uncheck the Reoccurring Loyalty Order box on the cart.

How does the Vitamin Angels® donation work?

With every purchase of Meology Prenatal, Shaklee donates to Vitamin Angels® to provide life-changing nutrition to pregnant women around the world. Vitamin Angels fights for a world where every mother has a healthy pregnancy and every child gets a chance at a healthy life. Founded in 1994, Vitamin Angels is a global public health and nutrition organization that delivers evidence-based nutrition interventions to underserved pregnant women and children under the age of 5 in the United States and around the world. In 2020, Vitamin Angels reached 60 million women and children in more than 65 countries, including the United States. Both Charity Navigator and GuideStar give Vitamin Angels their highest marks for financial transparency. To learn more, visit www.vitaminangels.org

Are Meology Prenatal packs recyclable?

Yes! The Meology Prenatal packs are recycling codes 4 and 7. We recommend you check local guidelines for proper disposing rules. We're continuing to work on even more sustainable packaging options, but the Meology personalized packs are already more environmentally friendly than individual plastic supplement bottles. Additionally, the pack-dispenser box is also 100% recyclable and made from sustainable materials using wind energy. The shipper box is 100% recyclable as well.

Is a free Shaklee Membership included with my purchase of Meology Prenatal?

Yes! A \$19.95 value, a Shaklee Membership is free with your purchase of Meology Prenatal! Learn more about member benefits at <https://us.shaklee.com/member-benefits/join-options>

Do Meology Prenatal orders ship for free?

Purchasing Meology Prenatal unlocks a free Shaklee Membership. As a member, you can enjoy free shipping on orders over \$150 and \$8.99 flat-rate shipping on everything else. Orders must be at least \$150 or more before shipping, handling, taxes, and discounts are applied in order to receive Free Standard Shipping.

How do I combine my Meology Prenatal and Meology Kids Loyalty Orders?

If you have a Meology Kids Loyalty Order, you can add Meology Prenatal to that order by clicking "Add to Existing Loyalty Order" at the bottom of your Meology Prenatal recommendation page. Then select your Meology Loyalty Order from the drop-down menu.

Can I order both Meology Prenatal and adult Meology?

If you're ordering for multiple people, yes, you can order both Meology Prenatal and Meology; however, we do not recommend taking both yourself.