

## Ask Your Doctor: Is Protiva New Mom Right For Me?

Protein is an important nutritional component for women recovering from giving birth and nursing. Protiva New Mom can help you maintain normal protein levels during the critical first few months following delivery. We encourage you to have a discussion with your doctor or lactation consultant about your protein needs and whether Protiva is right for you and your baby. Here's what you and your health care professionals need to know.

### **What is Protiva New Mom?**

Protiva New Mom is a clinically proven all-natural protein supplement for women recovering from an episiotomy or a Caesarian delivery that provides 15 grams of protein in a daily drink. It contains no preservatives or artificial colors, flavors or sweeteners. Protiva is lactose-free, gluten-free and soy-free and is non-GMO. Protiva New Mom contains clinically supported levels of vitamins C and E to help healing.

### **Why Protiva New Mom?**

Many women have a hard time maintaining a healthy diet while balancing a new baby, breastfeeding, and healing from delivery. Protiva New Mom was developed to help new moms take care of themselves so they can focus on taking care of their little one. Protiva is formulated with protein and vitamins that aid moms in recovery and breastfeeding. It is also allergen-free and preservative-free to avoid being a contributing factor to the facial rashes breastfed babies sometimes develop.

### **What testing has been done on Protiva New Mom?**

Protiva underwent a full IRB-approved multisite clinical study of women during pregnancy and while recovering from delivery, with control patients. After taking Protiva, 100% of the study patients improved to normal protein range and remained in normal range during recovery from delivery and while breastfeeding. The full study will be published in the second quarter of 2016.

### **When should Protiva New Mom be taken?**

We recommend two servings a day of Protiva New Mom for the first 4-6 weeks following delivery and then once a day while breastfeeding.

The nutrition panel on the second page is for your doctor.



Nutrition when you need it most

# Nutrition Facts

Serving Size: (29g)

Serving Per Container: 30

## Amount Per Serving

Calories: 100 Cal from Fat: 0  
% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>4%</b>
<b>Potassium</b> 62g	<b>2%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 6g	
<b>Protein</b> 15g	
Vitamin A	<b>50%</b>
Vitamin C	<b>625%</b>
Calcium	<b>50%</b>
Iron	<b>4%</b>
Vitamin D	<b>100%</b>
Vitamin E	<b>50%</b>
Zinc	<b>30%</b>
Copper	<b>50%</b>

\*Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram  
Fat 9 • Carbohydrate 4 • Protein 4

**Other ingredients:** Hydrolyzed Collagen, Organic Evaporated Cane Juice, Calcium Citrate, Non-GMO Maltodextrin, Natural Flavors, Xanthan Gum, Salt (Sodium Chloride), Guar Gum, Silicon Dioxide, Stevia Extract 95% Reb A, Ascorbic Acid (Vitamin C), Zinc Gluconate, Copper Chelate, Vitamin A Palmitate, Cholecalciferol (Vitamin D3).