

Meology™ Prenatal FAQ



How does Meology Prenatal Work?

1. **Customize** - Take our short assessment. Tell us if you're (1) preparing to get pregnant, (2) pregnant, or (3) postnatal.
2. **Grab & Go** - Convenient, daily grab-and-go packs will be delivered to your door every month.
3. **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 the Preparing to Get Pregnant phase of Meology Prenatal?

Each Preparing to Get Pregnant monthly plan includes the following **core** products:

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

The following are **optional** products you can add to your Preparing to Get Pregnant Vitamin Pack:

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

Once you become pregnant, these two optional products will no longer be offered to you. Stress Relief Complex* contains herbs that do not have safety data to confirm safety during pregnancy or breastfeeding. We recommend discussing ongoing usage of CoQ10 with your OB healthcare professional.

How many supplements are included in the Pregnant phase of Meology Prenatal?

Each Pregnant monthly plan includes the following **core** products:

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

The following are **optional** products you can add to your Pregnant 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 GI support*

How many supplements are included in the Postnatal phase of Meology Prenatal?

Each Postnatal monthly plan includes the following **core** products:

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

The following are **optional** products you can add to your Postnatal Vitamin Pack:

- Vita-D3® - 1 tablet to support the nutritional content of breast milk
- Optiflora DI - 1 capsule for GI support

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 Gellys), deliver 23 essential vitamins and minerals, including 100% or more of the daily value of 20+ vitamins and minerals. They also deliver 300 mg of omega-3s, including 250 mg DHA and 50 mg EPA, plus 225 mg choline.

Why aren't all vitamins and minerals delivered in the Prenatal MultiV Drink?

Because some minerals can have a distinctive taste, we designed a way to deliver the core nutrition you need in an innovative two-part regimen that keeps our Prenatal MultiV drink mix tasting great. When taken together, our Prenatal MultiV Drink and MultiM Tablet deliver 23 essential vitamins and minerals, including 100% or more of the DV of 20+ essential vitamins and minerals, plus 225 mg choline.

Why does the Meology Prenatal Program use folate 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 methyl folate.

For more information, please go to <https://healthresource.shaklee.com/?s=methylfolate>

When should I take my Meology Prenatal supplements?

We recommend 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 OB healthcare professional if you have any specific concerns regarding which products are appropriate for you.

Is Meology Prenatal vegan?

No.

Each Meology Prenatal monthly plan includes three products: 1 Prenatal MultiV Drink stick pack, 1 MultiM Tablet, and 1 Omega-3 Gelly. The MultiM Tablet is vegan. The MultiV Drink and Omega-3 Gelly, however, are not vegan as the vitamin D source in the drink mix is lanolin, which is extracted from sheep's wool, and the DHA and EPA in the gelly are from fish oil.

Meology Prenatal also offers convenient optional, phase-specific solutions for common health concerns of the motherhood journey. Several of these products are vegan, including:

- Stress Relief Complex* (not intended for use during pregnancy or while breastfeeding)
- Stomach Soothing Drops*
- Optiflora DI
- Life Shake™
- Energizing Tea

Is Meology Prenatal vegetarian?

No.

Each Meology Prenatal monthly plan includes three products: 1 Prenatal MultiV Drink stick pack, 1 MultiM Tablet, and 1 Omega-3 Gelly. The Prenatal MultiV Drink and MultiM Tablet are vegetarian. The Omega-3 Gelly, however, is not vegetarian or vegan as the DHA and EPA in the gelly are from fish oil.

Meology Prenatal also offers convenient optional, phase-specific solutions for common health concerns of the motherhood journey. Several of these products are vegetarian, including:

- Stress Relief Complex* (not intended for use during pregnancy or while breastfeeding)
- Stomach Soothing Drops*
- Optiflora DI
- Life Shake™
- Energizing Tea

Is Meology Prenatal kosher?

No.

Each Meology Prenatal monthly plan includes three products: 1 Prenatal MultiV Drink stick pack, 1 MultiM Tablet, and 1 Omega-3 Gelly. The Prenatal MultiV Drink and MultiM Tablet are Star-K kosher. The Omega-3 Gelly, however, is not kosher.

Meology Prenatal also offers convenient optional, phase-specific solutions for common health concerns of the motherhood journey. Several of these products are Star-K kosher, including:

- Stress Relief Complex* (not intended for usage while pregnant or breastfeeding)
- Chewable Cal Mag Plus
- Optiflora DI
- Vita-D3
- Life Shake
- Energizing Tea

Do Meology Prenatal supplements contain soy?

No.

Each Meology Prenatal monthly plan includes three products: 1 Prenatal MultiV Drink stick pack, 1 MultiM Tablet, and 1 Omega-3 Gelly. All three of these products are soy-free.

Meology Prenatal also offers convenient optional, phase-specific solutions for common health concerns of the motherhood journey. Several of these products are soy-free, including:

- Stomach Soothing Drops*
- Chewable Cal Mag Plus
- Optiflora DI
- Life Shake (non-soy plant protein)
- Energizing Tea

Some of our products are manufactured in a facility that may also process soy.

Do Meology Prenatal supplements contain dairy, gluten, or nuts?

All products included in Meology Prenatal are dairy-free, gluten-free, and nut-free. Some of our products are manufactured in a facility that may also process peanuts, tree nuts, milk, eggs, wheat, shellfish, and fish.

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

We recommend that you talk to your OB healthcare professional about caffeine usage during pregnancy and while breastfeeding. Shaklee Energizing Tea contains only 70 mg of caffeine, which is equivalent to about 2/3 of a cup of coffee.

How do I customize my Vitamin Pack?

Meology Prenatal offers convenient optional, phase-specific solutions for common health concerns associated with the motherhood journey. You can modify your Vitamin Pack to include the optional products listed for each phase. Use the green toggle to the right of each product to include/exclude a recommended product.

Each Meology Prenatal monthly plan includes three core products: 1 Prenatal MultiV Drink stick pack, 1 MultiM Tablet, and 1 Omega-3 Gelly. These products cannot be modified.

How can I find out more about the products recommended to me?

Each product included in your Meology Prenatal Vitamin Pack has a product details page. Be sure to click on the "Product Details" link on the bottom left of each product description. On that page, you'll find even more insights about why the product is beneficial for you. The supplement facts and any relevant directions and cautions are included on this page as well.

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.

Should I discontinue taking any supplements in my Preparing to Get Pregnant plan if I become pregnant?

We recommend discussing any and all supplement usage during pregnancy with your OB healthcare professional. If you become pregnant while using the Meology Prenatal Preparing to Get Pregnant plan, you can continue taking the Prenatal MultiV Drink, MultiM Tablet, and Omega-3 Gelly. If you are using Stress Relief Complex* or CoQ10, discontinue use and consult your OB healthcare professional before using.

Can I take Meology Prenatal products with my medications?

We recommend you talk to your OB healthcare professional prior to use.

I currently use Vitalizer™ Women. Can I take Meology Prenatal with Vitalizer Women?

We recommend that you take either Meology Prenatal or Vitalizer Women. 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.

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. But we do not recommend taking both yourself.

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 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 Autoship 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 in which 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?

No, but the Meology personalized packs are already more environmentally friendly than separate plastic bottles for all your supplements. Additionally, the pack-dispenser box is 100% recyclable and made from sustainable materials using wind energy. The shipper box is 100% recyclable as well.

*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.

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