Supplementation Regimen:

- Prenatal Pak, 1 packet morning and night
  - Optimal 2 Whole Food Vitamin Mineral, 2 capsules
  - Optimal EFA, 1 capsule
  - Optimal Iron, 1 capsule
  - Optimal BonePlus Calcium, 1 capsule
  - High CFU Probiotic, 1 capsule
  - Optimal 1 Digestion, 1 capsule

Nutrition Regimen:

- Consume high amounts of the following foods:
  - Vegetables: carrots, sweet potatoes, pumpkin, spinach, cooked greens, tomatoes and red sweet peppers
  - Fruits: cantaloupe, honeydew, mangoes, prunes, bananas, apricots, oranges, and red or pink grapefruit
  - Dairy: fat-free or low-fat yogurt, skim or 1% milk, soymilk
  - Grains: ready-to-eat cereals/cooked cereals
  - Proteins: beans and peas; nuts and seeds; lean beef, lamb and pork; salmon, trout, herring, sardines and pollock

- Avoid the following foods:
  - Unpasteurized milk and foods made with unpasteurized milk
  - Hot dogs and luncheon meats (unless they are heated until steaming hot before serving)
  - Raw and undercooked seafood, eggs, and meat
  - Sushi made with raw fish (cooked sushi is safe)
  - Refrigerated pâté, meat spreads, and smoked seafood

Exercise Regimen:

- 3 Training Sessions Weekly:
  - Phase 1: The First Trimester
    - Uneven Squats, 2 sets 8-12 repetitions
    - Modified Push-up Shoulder Taps, 2 sets 8-12 repetitions
    - Bent Over Rows, 2 sets 12-15 repetitions
    - Bicep Curls, 2 sets 12-15 repetitions
  - Phase 2: The Second Trimester
    - Sumo Squat, 2 sets 8-12 repetitions
    - Alternating Shoulder Press, 2 sets 8-12 repetitions per side
    - Pull Throughs, 2 sets 8-12 repetitions
    - Kegel Exercise, 2 sets 15-20 repetitions
  - Phase 3: The Third Trimester
    - Thruster, 2 sets 8-12 repetitions
    - Band Pull Aparts, 2 sets 20 repetitions
    - Wall Mountain Climbers, 2 sets 8-12 reps per side
    - Kegel Exercise (Slow), 2 sets 15-20 repetitions

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