

NUTRI-SPEC



Live Stronger Longer

Nutri-Notes

September 19, 2023

ACTIVATOR FOR PREGNANT WOMEN ...

One astute Nutri-Spec Practitioner asks about using Activator during pregnancy. He says he has always given Activator as the ideal prenatal. He wants to know if Activator is still the perfect prenatal, and, should his pregnant patients be taking 4 tablets daily or will 2 tablets be okay?

Activator is ideal for pregnant women of any age. All the minerals, trace minerals and vitamins are there in their most bioavailable and bioactive forms. And the extra ADAPTOGENS are of tremendous additional benefit in meeting the Immuno-Neuro-Endocrine Stress imposed by pregnancy.

----- Also note that Activator is still formulated in a way that does not 'rock the boat' related to any of the Nutri-Spec Metabolic Balance Systems. That is particularly important in early pregnancy when so many women go Dysaerobic (often in association with deficient progesterone), and in late pregnancy when so many women go Glucogenic or Ketogenic or Anaerobic in association with high cortisol and insulin dysregulation. Not only will Activator not provoke any of these tendencies, it will help prevent them.

For women in extraordinarily good health --- especially those who have already been on Nutri-Spec supplements --- 1 Activator twice daily after meals is enough. For most other women, 2 Activator twice daily for the first trimester can be critical, then reduce to 2 daily. If there are health concerns, then 4 daily is recommended throughout pregnancy.