

Controlling Morning Sickness Symptoms Safely

(NAPSA)—What do these items have in common: saltine crackers, clear soda, decaffeinated herbal teas, hard candy, licorice, ginger root. Hint: they're not just items on your grocery list.

Since the dawn of time, women have suffered through morning sickness by relying on home remedies like these to alleviate their nausea and vomiting. Between 50 to 90 percent of pregnant women develop morning sickness, and while morning sickness is decidedly unpleasant and can be frustrating or embarrassing, for many women it also can rid their bodies of vital nutrients needed to grow a healthy baby.

Morning sickness also can make it difficult to absorb the crucial prenatal vitamins many women are prescribed by their doctors to take daily. Morning sickness can expel the prenatal vitamins before the mother—or the fetus—benefits from their content. In many cases, pregnant women feel too nauseous even to take their prenatal vitamins.

Without the benefit of prenatal vitamins, fetuses can be at increased risk for birth defects.

Expecting mothers can now rest assured because their physician can prescribe a product that provides the recommended dosage of several key prenatal nutrients with PremesisRx™, a prescription-only prenatal vitamin and nutritional supplement designed for use in a physician-directed program to alleviate morning sickness symptoms. PremesisRx is the first product of its kind for use by women with pregnancy-related nausea and vomiting.

“PremesisRx is a safe alternative prescription multivitamin for pregnant patients suffering from pregnancy-related nausea and vomiting,” said Dr. Jennifer Niebyl, professor and head of the Department of Obstetrics and Gynecology at University of Iowa. “PremesisRx



can be used in conjunction with another prenatal vitamin supplement, or it can be used alone until the nausea subsides.”

Research suggests that 75 milligrams of vitamin B₆ per day may help reduce pregnancy-related nausea and vomiting. Other studies show that one milligram of folic acid is effective in reducing the rate of neural tube defects by at least 50 percent. Calcium carbonate helps relieve indigestion.

In an easy-to-swallow tablet, PremesisRx contains these recommended levels of vitamin B₆ for morning sickness and folic acid, while also providing 200 milligrams of calcium. PremesisRx does not contain iron, which has been shown to aggravate the symptoms of morning sickness.

For many women, it's surprising to hear that they do not have to suffer through waves of nausea or bouts of vomiting. “During my first two pregnancies my doctor didn't offer me any treatment options for the morning sickness,” said Jana Mehlin of Kansas City, who became pregnant again this year. “I was excited when my doctor told me about PremesisRx and even more so when it made me feel better.”

For more information about PremesisRx, ask your doctor or pharmacist, or visit www.ther-rx.com.