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FOR IMMEDIATE RELEASE

FIRST AND ONLY SINGLE CAPSULE
DAILY R_x PRENATAL VITAMIN
WITH PLANT-BASED DHA NOW AVAILABLE

Minneapolis, MN December 3, 2008– Upsher-Smith Laboratories, Inc. announced its plans to market PreNexa™, the first and only single gel capsule prenatal vitamin with the most plant-based Docosahexaenoic acid (DHA, 265 mg) for women considering pregnancy, pregnant women and new mothers who are breastfeeding.¹⁻⁶

“Martek’s *life’sDHA*™, the DHA in PreNexa™, is derived from a natural plant source grown outside the ocean.^{1,7} It is also the same DHA source used in infant formulas and has been granted Generally Recognized As Safe (GRAS) status for use in infant formulas by the United States Food and Drug Administration,” said Steve Dubin, CEO of Martek.⁸ The availability of PreNexa™ avoids the potential of being exposed to oceanborne pollutants like mercury because it derives its DHA from microalgae, a direct plant source. In addition, for women with an allergic sensitivity to fish, PreNexa™ offers healthcare professionals the first single-capsule prenatal vitamin with plant-based DHA.

DHA is a key omega-3 fatty acid used throughout the body. It works to support fetal and infant brain and eye development.^{9,10} The source of DHA for many other prenatal vitamins is fish oil, which can leave patients with a fishy smell, taste and after taste.

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The plant-based DHA in PreNexa™ is derived from algae grown in fermentation tanks and processed in a closed and controlled manufacturing process. Whereas, fish-based DHA is obtained by extracting DHA after the fish have eaten algae and the oil has been processed

through varying filtration methods.⁷ “PreNexa™ represents an advancement in delivery by being the first single-capsule prenatal vitamin with the most plant-based DHA for women, before and after the birth of their child,” said Mark Evenstad, Vice Chairman/President of Upsher-Smith Laboratories, Inc.

DHA is polyunsaturated and contains 22 carbon fatty acids which are predominantly found in fish and marine animal oils. Since many women do not consume the amount of DHA recommended by many experts in diet alone, a prescription prenatal vitamin with DHA can be just what a mother and her baby need to help ensure her DHA intake is greater than or equal to 200-300 mg per day during pregnancy and while breastfeeding.^{10,12,13}

Developing infants cannot efficiently produce their own DHA, they must obtain this vital nutrient through the placenta during pregnancy or from an outside source such as breast milk after birth.¹⁴ Mothers continuously lose their omega-3 fatty acid stores during pregnancy.¹⁵ Furthermore, it takes an average of six months to recover from the loss, so a daily source of DHA is recommended by many health experts.^{10,12}

PreNexa™ is a once daily single gel capsule that includes: Folic Acid (1.2 mg), Vitamin C (25 mg), Vitamin D₃ (170 IU), Vitamin E (30 IU), Iron (30 mg), Calcium (160 mg) and Vitamin B₆ (25 mg).¹ It also contains a gentle stool softener known as docusate sodium, which is an added benefit for approximately 50 percent of pregnant women who suffer from irregularity at some point in their pregnancy.^{1,11}

PreNexa™ is available nationwide, by prescription only, in bottles containing a 30 day supply. This once-daily, single gel capsule with the most plant-based DHA, can be conveniently taken at anytime, day or night.

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Upsher-Smith is pursuing drug therapies to improve people’s lives. The company is driven by the ever-changing needs of patients, physicians, pharmacists and healthcare organizations. Focused on market expansion in women’s health, dermatology, cardiology and in developing products for neurology, their perspective is not “more products” but the “right products” to improve lives. For additional information about PreNexa™, visit www.prenexa.com, or to learn more about Upsher-Smith, visit www.upsher-smith.com.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six years of age. KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN. In the case of accidental overdose, call a doctor or poison control center immediately. Please see accompanying full Prescribing Information for a complete list of warnings and precautions.

References: **1.** PreNexa [package insert]. Minneapolis, MN: Upsher-Smith Laboratories, Inc; 2008. **2.** CitraNatal DHA [package insert]. San Antonio, TX: Mission Pharmacal Company; 2007. **3.** Duet DHA^{ec} [package insert]. Newport, KY: Xanodyne Pharmaceuticals, Inc; 2007. **4.** Prenate DHA [package insert]. Atlanta, GA: Sciele Pharma, Inc; 2007. **5.** PrimaCare Advantage [package insert]. St. Louis, MO: Ther-Rx Corporation; 2008. **6.** PrimaCare One [package insert]. St. Louis, MO: Ther-Rx Corporation; 2007. **7.** Martek Biosciences Corporation. Data on file. **8.** U.S. FDA GRAS Notice No. GRN 000041. **9.** Medline Plus. <http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-fishoil.html>. Accessed September 9, 2008. **10.** Koletzko, et al. *The roles of long-chain polyunsaturated fatty acids in pregnancy, lactation and infancy; review of current knowledge and consensus recommendations.* J Perinat Med 36 (2008) 5-14. **11.** American Pregnancy Association. Pregnancy and Constipation. <http://www.americanpregnancy.org/pregnancyhealth/constipation.html>. Accessed August 21, 2008. **12.** Simopoulos AP, Leaf A, Salem N Jr. Workshop on the essentiality of and recommended dietary intakes for omega-6 and omega-3 fatty acids. *J Am Coll Nutr.* 1999;61:57-62. **13.** Arterburn LM, Oken HA, Bailey Hall E, et al. Algal-oil capsules and cooked salmon: nutritionally equivalent sources of docosahexaenoic acid. *J Am Diet Assoc.* (2008);108:1204-1209. **14.** Szajewska, et al. Effect on n-3 long-chain polyunsaturated fatty acid supplementation of women with low-risk pregnancies on pregnancy outcomes and growth measures at birth: a meta-analysis of randomized controlled trials. *American Journal Clinical Nutrition,* (2006);83:1337-44. **15.** Hornsta G, AI MD, van Houwelingen AC, Forman-van Drongelen MM. *Essential fatty acids in pregnancy and early human development.* Eur J Obstet Gynecol Reprod Biol. (1995);61:57-62.

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