

PRECONCEPTION WELLNESS · EDITORIAL GUIDE

Prenatal research shouldn't feel like a full-time job.

A closer look at why assembling a preconception routine can create more questions —and how a pre-sorted daily pack changes the task.

PEREDEL CONCEPTION SUPPORT PACK · PRODUCT EDUCATION PROTOTYPE

- ✓ Clinically-proven
- ✓ Doctor-formulated
- ✓ Research-backed
- ✓ 3rd party tested



Official Perelel product imagery. Product shown for identification.

One tab for prenats. Another for folate. A podcast episode about CoQ10. A note about omega-3s. Soon, choosing a routine starts to resemble a research project of its own.

That tension is the starting point for this guide: not a promise to make conception predictable, but a practical way to make the daily supplement routine easier to understand.

THE QUESTION BEHIND THE OPEN TABS

“How do I turn all this research into one clear routine?”

The difficult part isn't always finding information.

It is deciding what belongs together, checking whether products duplicate one another, and remembering which bottle to take when. The more components a routine has, the more assembly work it creates.

Perelel's Conception Support Pack takes a different approach: the components are organized into one pre-sorted daily pack for the conception stage.

THE ROUTINE, PRE-SORTED

One daily pack instead of a protocol assembled bottle by bottle.

According to the current official product page, each daily pack contains two Core Prenatal Vitamins, one CoQ10 + Folate capsule, and one Omega DHA + EPA softgel.

2×	Core Prenatal Vitamins Daily prenatal foundation
1×	CoQ10 + Folate Included in the conception-stage pack
1×	Omega DHA + EPA Included as a daily softgel



01

Designed around a stage, not a generic shelf category.

The product is positioned specifically for people planning for pregnancy or actively trying to conceive. That stage-specific frame gives the routine a clear starting point without claiming a fertility outcome.

02

The convenience is structural.

“Pre-sorted” is more than packaging language. It describes the job the product is built to remove: selecting and organizing several separate supplements into a repeatable daily routine.

03

Expert formulation is part of the product’s rationale.

Perelel states that its formulations are governed by the Perelel Panel, a multidisciplinary group of practicing maternal-fetal medicine doctors, reproductive endocrinologists, and dietitians. This prototype presents that as brand-supplied product information, not as an independent medical endorsement.

THE PRACTICAL DIFFERENCE

From research clutter to a repeatable routine

SELF-ASSEMBLED ROUTINE

Several separate decisions

- Research products individually
- Check overlap across bottles
- Organize the daily combination

PRE-SORTED DAILY PACK

One defined daily format

- Stage-specific product format
- Three named components
- One pack per day

This compares routine formats—not health outcomes or superiority.

Questions worth checking

▼ Who is this product intended for?

It is positioned for the conception stage: planning for pregnancy or actively trying to conceive.

▼ How many pills are in a daily pack?

The official product page lists four capsules/softgels in total: two Core Prenatal Vitamins, one CoQ10 + Folate capsule, and one Omega DHA + EPA softgel.

▼ Does this page provide medical advice?

No. It summarizes product information and routine design. Individual needs, medications, and questions about pregnancy or fertility should be discussed with a qualified healthcare professional.

Close the research
tabs with the facts
still open.

**Explore the Conception
Support Pack →**

Clinically Proven Conception Support

TESTED FOR 100+ CONTAMINANTS

25 KEY VITAMINS & MINERALS

3RD PARTY TESTED

MADE IN
THE USA

BIOAVAILABLE
FORMATS

3RD PARTY TESTED Conception Support

3RD PARTY TESTED: Take one pill daily with food or as a full glass of water.

Supplement Facts		
Amount Per Serving (100% Daily Value)		% Daily Value
Advanced Prenatal Formula		9.5X
Iron (as ferrous fumarate)	100 mg	100%
Vitamin C (as ascorbic acid)	500 mg	100%
Vitamin D (as cholecalciferol)	2,000 IU	2,000%
Vitamin E (as d-alpha-tocopherol)	15 mg	275%
Vitamin K (as menaquinone-7)	275 µg	100%
Calcium (as calcium carbonate)	1,000 mg	100%
Magnesium (as magnesium L-threonate)	100 mg	100%
Zinc (as zinc monomethionine)	15 mg	100%
Copper (as copper gluconate)	1 mg	100%
Selenium (as selenium L-selenomethionine)	100 µg	100%
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