

femibion®

Pregnancy 1

Dietetic food for women wishing to conceive and pregnant women up to the end of gestational week 12.

Folate/folic acid – a valuable vitamin from the moment of wishing to conceive

Folate/folic acid belongs to the group of B vitamins and is important for cell division and blood formation. Foods rich in folate are spinach, lettuce, asparagus, tomatoes, etc. Pregnant women have elevated folate requirements. However, even 'normal' requirements are often not met. Folic acid should, therefore, additionally be taken as a supplement. Folic acid is converted to its biologically active folate form within the body. Metafolin®, in contrast, is the proper bioactive form.

Femibion® Pregnancy 1

From the moment of attempting to conceive, sufficient supply with folic acid and Metafolin® should be aimed at to meet the increased requirements from the very beginning. For, between the 22nd and 28th day after conception, the brain and the spinal cord start to develop and the neural tube closes, at such an early phase of pregnancy when most women are still unaware of being pregnant. Femibion® Pregnancy 1 therefore contains 800 µg of folate (400 µg of folic acid combined with the corresponding quantity of Metafolin®) to ensure best possible supply from the very beginning. Femibion® Pregnancy 1 contains another nine valuable vitamins and the trace element iodine to ensure adequate supply or meet increased requirements from the very beginning.

Recommended intake:

Take 1 tablet per day with a meal. Do not exceed the recommended daily intake. Keep out of the reach of small children. Store in a dry place not above 25°C.

Pack sizes

30 tablets as 1-month supply
60 tablets as 2-month supply

Composition

One tablet contains:

Folates	800 µg
• Folic acid	400 µg
• L-Methylfolate	416 µg
<i>(equivalent to 400 µg folic acid)</i>	
Pantothenic acid	6 mg
Vitamin E	13 mg
Vitamin C	110 mg
Iodine	150 µg
Vitamin B12	3.5 µg
Biotin	60 µg
Niacin	15 mg
Vitamin B1	1.2 mg
Vitamin B2	1.6 mg
Vitamin B6	1.9 mg

Femibion® Pregnancy 2 – as of gestational week 13 to the end of lactation –

is a combination of 400 µg of folate (200 µg of folic acid combined with the corresponding quantity of Metafolin®) to meet the increased requirement and provide best possible supply during pregnancy and the nursing period.

The particular significance of the omega-3 fatty acid DHA

DHA is a highly unsaturated omega-3 fatty acid that is highly concentrated in the brain and the retina. It can be predominantly found in fatty fish, which, however, is a rarely consumed. This is why DHA supply during pregnancy and the nursing period often is insufficient. Since a woman's DHA requirement

increases in the second half of pregnancy and during the nursing period, her body stores should be refilled by early intake of DHA to be optimally supplied. The mother is the baby's only provider of DHA, as the mother first passes DHA via the placenta to the unborn child and, later, with her breastmilk to her baby. The German Society of Nutrition (DGE), therefore, recommends the daily intake of at least 200 mg DHA during pregnancy and the nursing period. Femibion® Pregnancy 2 contains 200 mg DHA extracted from highly purified fish-oil concentrate. The strictly controlled manufacturing procedure employed guarantees excellent, nearly odourless quality. Femibion® Pregnancy 2 is very well tolerated.

Femibion® Flor Intim

During pregnancy, in particular, it is important to maintain a healthy vaginal microflora. Femibion® Flor Intim is a food supplement with specifically selected probiotic cultures to enhance and maintain the vaginal microflora. The normal microflora comprises various bacterial strains. These protect the vaginal mucosa from being penetrated by less beneficial bacteria. This natural protection is a very important and sensitive system. Various 'internal' factors such a hormonal fluctuation during pregnancy as well as 'external' factors, e.g. stress may reduce the number of beneficial bacteria resulting in an unbalanced vaginal microflora. As a result, the vaginal pH increases. This promotes the colonisation of less beneficial bacteria. Femibion® Flor Intim is an easy and convenient oral dosage form. The probiotic cultures contained (Lactobacillus reuteri RC-14® and Lactobacillus rhamnosus GR-1®) are particularly well suited to colonise the vagina. They enter the vaginal area via the intestines. They naturally lower the vaginal pH. This enhances and maintains a healthy vaginal flora.

Please note:

Women, particularly pregnant women and nursing mothers, who suffer from an immune disorder and related disposition to bacterial infection or inflammatory bowel disease should consult their doctor before taking Femibion® Flor Intim.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

+ Sie finden diese Packungsbeilage auf Deutsch im Internet unter www.femibion.de

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