

Food for special medical purposes for the dietary management of endometriosis in women planning for pregnancy

Highly dosed folic acid and N-acetyl-L-cysteine in combination with a comprehensive supply of vitamins, minerals and omega-3 fatty acids. Vitamin C with sustained release.

Health care starts well before conception

When planning for pregnancy, every woman is recommended to be increasingly aware of a healthy lifestyle with a well-balanced and varied diet rich in minerals and vitamins. For optimal supply, supplementing important micronutrients can be a good option.

However, women with endometriosis should be aware of their special nutritional needs.

Endometriosis

Endometriosis is a chronic inflammatory disease in which endometrial tissue is present outside the uterus. It affects an estimated 10-20 % of women during their reproductive years. They often suffer from significant pain and subfertility. This is thought to be caused by a combination of hormonal changes, elevated inflammatory and homocysteine levels, and increased oxidative stress.

While the disease itself is not curable, the body can be supported by a healthy diet.

Just like every other woman planning for pregnancy, women with endometriosis ought to make sure they take up sufficient folate. Folate is a B-vitamin and is abundant in green, leafy vegetables. However, due to its sensitivity to light and heat, it is easily destroyed during meal preparation. Therefore, many women do not have a sufficient supply. Low maternal folate status, however, is a risk factor for the development of neural tube defects in the developing foetus.

Particularly for women with endometriosis, other micronutrients are important as well. They can contribute to maintenance of a balanced hormone and immune system, homocysteine metabolism, effective energy production, healthy mucosa, and protection from oxidative stress.

Fertilovit® FEndo is a dietetic food for special medical purposes tailored to meet the needs of women with endometriosis planning for pregnancy. It contains highly dosed folic acid and N-acetyl-L-cysteine in combination with a comprehensive supply of precious vitamins, minerals and omega-3 fatty acids. These micronutrients help to form the basis for healthy conception and pregnancy:

Protection from neural tube disorders

Supplemental folate intake increases maternal folate status. Increasing maternal folate status contributes to the reduction of the risk of neural tube disorders. The positive effect is achieved by taking a minimum of 400 µg of supplemental folate for at least one month before and up to three months after conception¹

Energy supply

Vitamins B1, B2, niacin and pantothenic acid support energy metabolism¹

Homocysteine metabolism

Vitamins B6, B12 and folic acid contribute to normal homocysteine metabolism¹

Immune system

Folic acid, vitamin C, vitamin D, selenium and iron contribute to normal function of the immune system¹

Healthy mucosa

Niacin, riboflavin and biotin contribute to maintenance of normal mucosa¹

Hormonal balance

Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters¹

Vitamin B6 contributes to the regulation of hormonal activity¹

Selenium contributes to normal thyroid function¹

Iodine contributes to normal production of thyroid hormones and to normal thyroid function¹

Cell protection

Vitamin B12 and vitamin D have a role in cell division¹

Vitamins C, E, B2 (riboflavin), zinc, copper and selenium contribute to protection of cells from oxidative stress¹

Additionally

Iron contributes to normal formation of red blood cells and haemoglobin¹

Omega-3 fatty acids are metabolized for energy generation, incorporated into cell membranes and are precursors for signaling molecules.

¹ Health claims according to EU regulation



Supplement facts:

	Daily dose (1 vitamin- and mineral capsule + 1 omega-3-capsule)	%NRV*	per 100 g	%NRV*
Energy	27,3 kJ / 6,5 kcal	-	1.802 kJ/ 429 kcal	-
Fat	0,50 g	-	33,0 g	-
of which saturates	0,05 g	-	3,3 g	-
Carbohydrate	0,26 g	-	17,2 g	-
of which sugars	0 g	-	0 g	-
Protein	0,17 g	-	11,2 g	-
Salt	< 0,01 g	-	0,04 g	-
Vitamin D	10 µg	200	660 µg	13.200
Vitamin E	12 mg	100	792 mg	6.600
Vitamin C	100 mg	126	6.600 mg	8.250
Thiamin	3 mg	273	198 mg	18.000
Riboflavin	3 mg	214	198 mg	14.143
Niacin	35 mg	219	2.310 mg	14.438
Vitamin B6	4 mg	286	264 mg	18.857
Folic acid	800 µg	400	52.800 µg	26.400
Vitamin B12	7 µg	280	462 µg	18.480
Biotin	100 µg	200	6.600 µg	13.200
Pantothenic acid	12 mg	200	792 mg	13.200
Iron	7,8 mg	56	515 mg	3.679
Zinc	5,3 mg	53	350 mg	3.500
Copper	1 mg	100	66 mg	6.600
Selenium	110 µg	200	7.261 µg	13.202
Iodine	150 µg	100	9.901 µg	6.601
Coenzyme Q10	35 mg	-	2.310 mg	-
N-acetyl-L-cysteine	100 mg	-	6.600 mg	-
Lycopene	10 mg	-	660 mg	-
Eicosapentaenoic acid (EPA)	90 mg	-	5.941 mg	-
Docosahexaenoic acid (DHA)	60 mg	-	3.960 mg	-

*] Nutrient reference values according to regulation 1169/2011/EU

Administration form:

Capsules

Packaging size:

90 capsules (45 vitamin/mineral capsules and 45 fish oil capsules), 45 daily servings

Net quantity:

68,2 g (vitamin and mineral capsules: 36 g, omega-3 fish oil capsules: 32,2 g)

Ingredients vitamin and mineral capsule:

Hydroxypropyl methyl cellulose, L-ascorbic acid, N-acetyl-L-cysteine, bulking agent magnesium oxide, zinc gluconate, nicotinamide, coenzyme Q10, ferrous sulfate, D-alpha-tocopheryl succinate, calcium-D-pantothenate, lycopene oleoresin from tomatoes, anti-caking agent magnesium salts of fatty acids, thiamine hydrochloride, riboflavin, pyridoxine hydrochloride, pteroylmonoglutamic acid, D-biotin, cupric sulphate, potassium iodide, sodium selenite, cyanocobalamin, cholecalciferol, color titanium dioxide, glazing agent ethyl cellulose.

Ingredients omega-3 fish oil capsule:

Fish oil, gelatine (bovine), humectant glycerol, antioxidant alpha-tocopherol, water.

Please note:

Fertilovit® F^{Endo} is a nutritionally incomplete dietary food for special medical purposes. Some of its ingredients exceed defined maximum quantities. The product must be used under medical supervision. Do not exceed the recommended dosage. **Fertilovit® F^{Endo}** cannot and must not replace a healthy lifestyle and a well-balanced diet. Please store out of reach of children.

Signature:

Please take 1 vitamin/mineral and 1 fish oil capsule daily. Swallow whole with plenty of water.

Made in Germany

Sales and distribution:

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