

Food supplement for women planning for pregnancy, during pregnancy and breastfeeding.

Micronutrient preparation with vitamins, minerals, choline, DHA, EPA and coenzyme Q10.

Protection, safety and well-being for 2

- ✓ **Protection:** supplemental folate intake contributes to the reduction of the risk of neural tube disorders, antioxidants protect cells from oxidative stress
- ✓ **Safety:** free from artificial colours, gluten, lactose, preservatives, as well as genetically modified organisms
- ✓ **Well-being:** micronutrients which gently contribute to the reduction of tiredness and fatigue

Deciding for parenthood is a big step for every woman. Once the decision has been taken, an exciting journey commences.

Provide your baby with optimal conditions for its development.

Every mother-to-be can contribute considerably to providing her future baby with the best conditions for its development. In addition to healthy lifestyle choices it is important to ensure an adequate supply with vitamins and minerals well before pregnancy. Throughout pregnancy, too, the best health care for mother and child consists of a healthy lifestyle in combination with a well-balanced diet rich in folic acid and precious vital substances.

What is Fertilovit® F or 2 plus DHA?

Fertilovit® F or 2 plus DHA is a dietary supplement specifically designed to meet women's requirements from preconception to pregnancy. It promotes reproductive and pregnancy wellness by providing complete vitamin, antioxidant and mineral support combined with high dose folic acid.

Protection

The B-vitamin folic acid is indispensable for all cell division and cell growth processes and is therefore also considered to be the most important vitamin before and during pregnancy. Folate is contained in many food sources, including fruit and vegetables, but is very sensitive to heat and light and is easily destroyed. The important protective function of folic acid is particularly evident during the early pregnancy, during this time a low folate level is a risk factor for the development of neural tube defects in the growing fetus in pregnant women. Folic acid ensures that the neural tube, from which the central nervous system, the spinal cord, and the brain develop, is completely closed in the embryo. To increase folate levels, supplemental folic acid daily intake of 400 µg for at least one month before and up to three months after conception is necessary. Since folate has a function in cell division, it is indispensable for the further physical development of the baby as well. In addition, folate has other important functions in the body: it contributes to a normal homocysteine metabolism and the growth of the maternal tissue during pregnancy, supports the immune system and contributes to normal blood formation.

Other B-vitamins such as vitamin B6 and vitamin B12 are important for normal cell division as well and are furthermore required for homocysteine metabolism. Pantothenic acid (another B-vitamin) contributes to normal steroid hormone metabolism. Many of these hormones are sex hormones, playing a major role for reproduction.

Pregnant and breastfeeding women should ensure a sufficient intake of long-chain omega-3 fatty acids. These play an important role in prenatal and early childhood development of brain and vision. One of the most important omega-3 fatty acids in this context is DHA. Since the neurons of the brain, as well as the retinal photoreceptors, have particularly high concentrations of this fatty acid, it has a significant impact on the development of brain as well as vision. Especially during the last trimester of pregnancy and during the first weeks after birth, when the these cells begin to multiply, it is crucial for pregnant and lactating women to ensure a sufficient supply of DHA. In addition to the daily recommended dose of 250 mg omega-3 fatty acids for, nutrition experts advice to add 200 mg DHA per day from the second trimester of pregnancy to the end of breast-feeding.

Recently, international nutrition experts have also recommended to include choline in preparations for pregnancy and lactation. This compound is a building block of cell membranes (phosphatidylcholine) as well as for a neurotransmitter in the brain (acetylcholine), and thus plays a central role in the development of the unborn child. Not surprisingly, choline demand is significantly increased during pregnancy and breastfeeding, and an undersupply of pregnant women and nursing mothers is unfortunately very common. Choline is also important for healthy homocysteine metabolism and the liver function of the future mother. A deficiency during pregnancy can lead to an increased homocysteine level, which is a well-known risk factor for pregnancy complications.

Coenzyme Q10 is involved in mitochondrial metabolism. There is no other cell in the body with as many mitochondria as an oocyte. This is no surprise, because the mitochondria are the cellular power plants, producing the energy the cells need. And this is quite a lot during pregnancy!

Other micronutrients, such as iron, iodine and antioxidants are vital as well. While iron is essential for the transport of oxygen in the blood, iodine, being a key element of thyroid hormones, is involved in normal thyroid function. Antioxidants such as vitamins C and E can help to protect the cellular DNA, proteins and lipids from oxidative stress. For maximum effect, **Fertilovit® F or 2 plus DHA** contains vitamin C with sustained release.

Safety

During pregnancy, safety of mother and child comes first. For the sake of the baby, cigarettes and alcohol should of course be avoided, but also unnecessary allergens and additives. That's why **Fertilovit® F or 2 plus DHA** is free from lactose, gluten and preservatives. The fish oil capsules exclusively contain highly concentrated and highly purified omega-3 concentrates from the world's leading premium brand Epax®. This guarantees the highest, standardized and consistent quality, with pollutant values that are not only below the strictest legal EU requirements, but even below all analytical detection limits. In addition to this, **Fertilovit® F or 2 plus DHA** dispenses with artificial colors - the innovative vegan cellulose capsule is only coloured with a colour extract from the purple carrot.

Well-being

Pregnancy is associated with additional stress for the mother-to-be, which is often reflected in increased fatigue. The vitamins C, riboflavin (vitamin B2), niacin (vitamin B3), pantothenic acid, B6 and B12, as well as magnesium and iron gently contribute to the reduction of tiredness and fatigue. Triggered by hormonal changes, nausea and vomiting are other frequent side effects of pregnancy. Vitamin B6 contributes to the regulation of hormonal activity, so that you can feel comfortable during your pregnancy!

Please visit www.fertilovit.com to learn more!

Administration form:

Capsules

Packaging size:

2 x 30 capsules, One month pack

Net quantity:

45.5 g

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Ingredients vitamin and mineral capsule:

Choline bitartrate, magnesium oxide, hydroxypropyl methyl cellulose, L-ascorbic acid, ferrous citrate, coenzyme Q10, nicotinamide, D-alpha-tocopheryl acetate, zinc oxide, calcium-D-pantothenate, carrot concentrate, thiamine hydrochloride, pyridoxine hydrochloride, riboflavin, pteroylmonoglutamic acid, potassium iodide, sodium selenite, D-biotin, cholecalciferol, cyanocobalamin, glazing agent ethyl cellulose.

Ingredients fish oil capsule:

Fish oil concentrate, gelatine (bovine), humectant glycerol, antioxidant tocopherol-rich extract.

Supplement facts:

The composition of **Fertilovit® F or 2 plus DHA** corresponds to the special requirements of women planning for pregnancy and during pregnancy and breastfeeding.

	Daily dose	% NRV*
Vitamin D	20 µg	400
Vitamin E	12 mg α-TE	100
Vitamin C	80 mg	100
Vitamin B1	1.1 mg	100
Vitamin B2	1.4 mg	100
Niacin	16 mg NE	100
Vitamin B6	1.4 mg	100
Folic acid	400 µg	200
Vitamin B12	5.5 µg	220
Biotin	50 µg	100
Pantothenic acid	6 mg	100
Magnesium	100 mg	26
Iron	7.5 mg	54
Zinc	5 mg	50
Selenium	60 µg	109
Iodine	150 µg	100
Choline	140 mg	-
Coenzyme Q10	30 mg	-
Docosahexaenoic acid (DHA)	200 mg	-
Eicosapentaenoic acid (EPA)	40 mg	-

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

Fertilovit® F or 2 plus DHA is free from artificial colours, gluten-free and lactose-free.

Directions:

For best results, experts recommend to start taking a supplement about three months prior to conception. Please take 1 vitamin/mineral capsule and 1 fish oil capsule daily (= 1 daily dose). Swallow whole with plenty of water.

Please read the instructions prior to use. Do not exceed the recommended daily dosage. Store **Fertilovit® F or 2 plus DHA** out of reach of little children. A dietary supplement cannot and must not replace a healthy lifestyle and a balanced diet.

Best-before end:

The best-before date is printed on the packaging.

Made in Germany

Sales and distribution:

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