

Fertilovit® F or 2

Preconceptional and pregnancy vitamins.

Consumer Information

Dietary supplement with 400 µg folic acid, B-vitamins, vitamin C, iron, iodine 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 gluten, lactose, gelatine, preservatives, as well as genetically modified organisms and animal constituents
- ✓ **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?

Fertilovit® F or 2 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.

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** 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** is free from lactose, gluten and preservatives. **Fertilovit® F or 2** with organic iron of non-animal origin is also excellently suited for vegetarian or vegan nutrition, because it is completely free from animal constituents and genetically modified organisms.

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:

90 capsules, Three month pack

Net quantity:

43,2 g

Ingredients:

Magnesium oxide, glazing agent hydroxypropylmethylcellulose (capsule), L-ascorbic acid, ferrous citrate, coenzyme Q10 (6,2 %), nicotinamide, D-alpha-tocopheryl acetate, zinc oxide, calcium-D-pantothenate, thiamine hydrochloride, pyridoxine hydrochloride, riboflavin, pteroylmonoglutamic acid, potassium iodide, biotin, coloring agent titanium dioxide (capsule), cholecalciferol, cyanocobalamin.



Supplement facts:

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

| | daily dose (1 capsule) | % NRV* |
|-------------------------|---------------------------|--------|
| Vitamin C | 80 mg | 100 |
| Vitamin E | 12 mg | 100 |
| Vitamin B1 | 1,1 mg | 100 |
| Vitamin B2 | 1,4 mg | 100 |
| Pantothenic acid | 6 mg | 100 |
| Vitamin B6 | 1,4 mg | 100 |
| Vitamin B12 | 2,5 µg | 100 |
| Folic acid | 400 µg | 200 |
| Vitamin D | 5 µg | 100 |
| Niacin | 16 mg | 100 |
| Biotin | 50 µg | 100 |
| Zinc | 5 mg | 50 |
| Magnesium | 100 mg | 26 |
| Iodine | 100 µg | 66 |
| Iron | 7,5 mg | 54 |
| Coenzyme Q10 | 30 mg | - |

*) % of nutrient reference values (according to EU-guidelines)

Fertilovit® F or 2 does not contain gluten, lactose, gelatine and preservatives.

Directions:

For best results, experts recommend to start taking a supplement about three months prior to conception.

Take one capsule **Fertilovit® F or 2** per day.

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

Please do not consume **Fertilovit® F or 2** if you suffer from autoimmune thyroiditis, have issues with your iron metabolism or have a known intolerance to any of the ingredients.

Best-before date:

The best-before date is printed on the packaging.

Made in Germany

Sales and distribution:

Gonadosan Distribution GmbH
Römerstrasse 2
6900 Bregenz
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www.fertilovit.com

