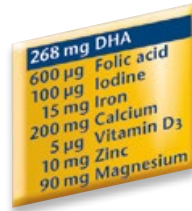




## Vital Materna with Folic acid

Conception – Pregnancy –  
Breastfeeding

*lactose- &  
gluten-free*



### For women trying for a baby, in pregnancy and breastfeeding

Recent scientific works show that supply with particular vitamins, minerals and nutrients in the two months preceding conception has a positive impact on health of the child to be born.

**Doppelherz® aktiv** created the food supplement **Vital Materna** to assist women through their pregnancy from the conception time until the end of the breastfeeding period. **Vital Materna** brings the nutrients required for a good development of the fetus and of the baby.

**Folic acid** is required for proper neural tube closure, which happens between the 22nd and the 28th day of pregnancy, when the woman might not even know that she is pregnant. This is why it is advised to women wanting children to daily consume folic acid at least 4 weeks before planned conception.

**Omega-3 fatty acids**, in particular DHA, are important for eyes and brain development of the fetus.

**Vitamin C** supports the immune system and decreases the risk of iron-deficiency anemia by favoring iron assimilation. **Vitamin E** is an antioxidant of the cell membranes that slows-down cellular aging.

**Calcium** plays an essential role in bones formation and maintenance. It is also used for the activation of plenty of cellular processes. **Vitamin D<sub>3</sub>** helps calcium fixation in the bones.

**Vitamin B<sub>1</sub>**, **Nicotinamide**, **Vitamin B<sub>6</sub>** and **Pantothenic acid** play an important role in nutrient assimilation and energy release from sugars and lipids. **Vitamin B<sub>2</sub>** is required for cell protection, in particular nerve cells. **Vitamin B<sub>12</sub>** is involved in cell growth and function and in the balance of the nervous system. **Biotin** is used to build healthy skin, hair and nails.

**Iodine** is essential for thyroid hormones production, which control several processes such as growth, energy-yielding metabolism and fetus brain and bone development.

**Iron** is required for hemoglobin formation and for oxygen transport. Iron needs double during pregnancy.

**Zinc** has an important function in cell regeneration and protection. Together with Vitamin C it strengthens the immune system.

**Magnesium** activates several enzymes and influences energy-yielding metabolism and function of the neuromuscular system.

#### Two capsules contain:

2 mg Beta-Carotene, 13 mg Vitamin E, 5 µg Vitamin D<sub>3</sub>, 110 mg Vitamin C, 6 mg Pantothenic acid, 1.2 mg Vitamin B<sub>1</sub>, 1.5 mg Vitamin B<sub>2</sub>, 1.9 mg Vitamin B<sub>6</sub>, 600 µg Folic acid, 60 µg Biotin, 15 mg Nicotinamide, 3.5 µg Vitamin B<sub>12</sub>, 15 mg Iron, 200 mg Calcium, 90 mg Magnesium, 10 mg Zinc, 100 µg Iodine, 268 mg DHA.

#### Recommendation:

Take 1 to 2 capsules daily at meal with enough liquid. Do not chew.

Do not exceed the stated recommended daily dosage! Food supplements should not be used as a substitute for a varied diet. The product should be stored out of the reach of children.

#### Energetic value:

1 capsule corresponds to 5 kcal/21 kJ.

Do not store above 25 °C.



  
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