

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.

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 pre-conception to pregnancy. It promotes reproductive and pregnancy wellness by providing complete vitamin, antioxidant and mineral support combined with high dose folic acid.

Folic acid belongs to the B-group of vitamins and is contained in many food sources, including fruit and vegetable. However, it is very sensitive to heat and light and is easily destroyed. Women planning for pregnancy and throughout pregnancy should ensure a sufficient intake because of its importance not only for normal blood formation, but also for normal cell division and normal neural tube development during pregnancy.

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 and 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.

Please visit www.fertilovit.com to learn more!

Administration form:

Capsules.

Net quantity:

43.2 g, 90 capsules

Supplement facts:

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

One capsule of **Fertilovit® F or 2** (daily dosage) contains:

| | 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, and gelatine.

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 by order of:

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www.gonadosan.com

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