

# Fertilovit® F

Preconceptional supplement for women

## Consumer Information

**Dietary supplement with 800 µg folic acid, B-vitamins, iron, iodine. Sustained vitamin C-release.**

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

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.

### What is Fertilovit® F?

**Fertilovit® F** is a dietary supplement specifically designed to meet the requirements of women who wish to conceive. It promotes reproductive wellness by providing complete preconceptional vitamin, mineral and antioxidant support.

Folic acid is one of the B-vitamins and is abundant in fruits and vegetables. However, it is very sensitive to heat and light. Because of its importance for cell division and growth and the baby's healthy neuronal development, as well as blood formation, women planning for pregnancy are therefore generally recommended to supplement it. Other B-vitamins such as vitamins B6 and B12 are important for cell division and a healthy homocysteine metabolism. Pantothenic acid contributes to the healthy metabolism of steroid hormones to which the sex hormones belong, too. Other vital substances such as iron, iodine and antioxidants play an important role in supporting the body during preconception and early pregnancy as well. While iron is essential for the transport of oxygen in the blood and iodine contributes to healthy thyroid function, antioxidants like vitamin E and C protect DNA, proteins and lipids of cells from oxidative stress.

### Oxidative stress

The term oxidative stress refers to the impairment of body cells by reactive oxygen species (ROS). Normally the ROS produced in the body are defanged by the body's protective antioxidant system. However, if there are too many ROS or too few antioxidants, this delicate balance can collapse and body cells are damaged. Oocytes are particularly susceptible to attacks by reactive oxygen species.

Based on these facts, **Fertilovit® F** has been designed featuring the internationally recommended high dose of folic acid in addition to a wide variety of important vitamins and minerals. It also contains ample antioxidants. For maximal protection around the clock, vitamin C, one of the body's major antioxidants, is released in delayed fashion.

Please visit [www.fertilovit.com](http://www.fertilovit.com) to learn more!

### Administration form:

Capsules

### Packaging size:

90 capsules, Three month pack

### Net quantity:

48,4 g

### Ingredients:

Magnesium oxide, L-ascorbic acid, glazing agent hydroxypropyl-methylcellulose (capsule), ferrous citrate, nicotinamide, D-alpha-tocopheryl acetate, calcium-D-pantothenate, zinc oxide, pyridoxine HCl, thiamine HCl, riboflavin, pteroylmonoglutamic acid, potassium iodide, biotin, coloring agent titanium dioxide, cholecalciferol, cyanocobalamin.

### Supplement facts:

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

	per capsule	% NRV*
<b>Vitamin C</b>	100 mg	125
<b>Vitamin E</b>	20 mg	166
<b>Vitamin B<sub>1</sub></b>	3 mg	272
<b>Vitamin B<sub>2</sub></b>	3 mg	214
<b>Pantothenic acid</b>	12 mg	200
<b>Vitamin B<sub>6</sub></b>	4 mg	285
<b>Vitamin B<sub>12</sub></b>	7 µg	280
<b>Vitamin D<sub>3</sub></b>	5 µg	100
<b>Folic acid</b>	800 µg	400
<b>Niacin</b>	35 mg	218
<b>Biotin</b>	200 µg	400
<b>Zinc</b>	5 mg	50
<b>Iodine</b>	150 µg	100
<b>Iron</b>	7,5 mg	54
<b>Magnesium</b>	100 mg	26

\* ) % of nutrient reference values according to EU guidelines

**Fertilovit® F** 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** daily.

Please read the instructions prior to use. Do not exceed the recommended dosage. Store **Fertilovit® F** out of the reach of little children. A dietary supplement can not and must not replace a healthy lifestyle and a balanced diet. Please do not consume **Fertilovit® F** 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  
Austria  
[www.fertilovit.com](http://www.fertilovit.com)