

Food for special medical purposes for the dietary management of endometriosis in women planning for pregnancy

Micronutrient combination with N-acetyl-L-cysteine, DHA, EPA and highly dosed folic acid. For coverage of the increased demand for cysteine, omega-3 fatty acids, vitamins and minerals.

When planning for pregnancy, every woman is recommended to be increasingly aware of a healthy lifestyle with a well-balanced and varied diet rich in minerals and vitamins. For optimal supply, supplementing important micronutrients can be valuable. Women with endometriosis should be aware of their special nutritional needs.

Fertilovit® F^{Endo} is a food for special medical purposes that has been tailored to meet the needs of women with endometriosis planning for pregnancy. Endometriosis patients often suffer from inflammation associated with elevated oxidative stress, which may impact oocyte maturation. This leads to a specifically increased demand for vitamins, minerals and other substances. N-acetyl-L-cysteine, DHA and EPA in combination with highly dosed folic acid and other nutrients cover this demand, thus supporting women with endometriosis planning for pregnancy.

Endometriosis

Endometriosis is a chronic inflammatory disease in which endometrial tissue is present outside the uterus. It affects an estimated 10-20 % of women during their reproductive years. They often suffer from significant pain and subfertility.

While the disease itself is not curable, the body can be supported by a healthy diet that takes into account disease-specific needs.

N-acetyl-L-cysteine

N-acetyl-L-cysteine represents an optimal source of the protein component cysteine. This amino acid is needed for the synthesis of glutathione which is the body's most important antioxidant. Since endometriosis is associated with inflammation and elevated oxidative stress, there is an increased demand for cysteine.

Omega-3 fatty acids

Endometriosis patients often exhibit an unfavourable ratio between omega-6 and omega-3 fatty acids in the blood. This can promote inflammatory processes. For optimization of the physiological ratio between omega-6 and omega-3 fatty acids, **Fertilovit® F^{Endo}** contains eicosapentaenoic acid (EPA) as well as docosahexaenoic acid (DHA), which represent omega-3 fatty acids with optimal bioavailability.

Folic acid

During preconception, endometriosis patients ought to make sure they get enough folate. This vitamin belongs to the B-group of vitamins. Even though it is abundant in green leafy vegetables, it is easily destroyed during storage and meal preparation due to its sensitivity to heat and light. Thus optimal supply is often difficult. In the case of healthy women planning for pregnancy usually an additional supply of 400 µg folic acid daily is recommended. Fertility patients often exhibit a genetic variant in the folate metabolism, which makes it necessary to administer 800 µg folic acid daily.

Average nutritional values	Per 100 g	Per daily dose
Energy	1,370 kJ (326 kcal)	20 kJ (4.8 kcal)
Fat	28 g	0.4 g
of which saturates	2 g	< 0.1 g
Eicosapentaenoic acid (EPA)	2.7 g	0.04 g
Docosahexaenoic acid (DHA)	13.6 g	0.2 g
Carbohydrate	1.2 g	< 0.1 g
of which sugars	< 0.1 g	< 0.1 g
Protein	11 g	0.2 g
Salt	< 0.1 g	< 0.1 g
Vitamin D	1,018 µg	15 µg
Vitamin E	814 mg	12 mg
Vitamin C	6,784 mg	100 mg
Thiamin	204 mg	3.0 mg
Riboflavin	204 mg	3.0 mg
Niacin	2,375 mg	35 mg
Vitamin B6	271 mg	4.0 mg
Folic acid	54,274 µg	800 µg
Vitamin B12	475 µg	7.0 µg
Biotin	6,784 µg	100 µg
Pantothenic acid	814 mg	12 mg
Magnesium	9,769 mg	144 mg
Iron	529 mg	7.8 mg
Zinc	339 mg	5.0 mg
Copper	68 mg	1.0 mg
Selenium	7,463 µg	110 µg
Iodine	10,176 µg	150 µg
Sodium	16 mg	0.2 mg
Coenzyme Q10	2,375 mg	35 mg
N-acetyl-L-cysteine	6,784 mg	100 mg
Lycopene	678 mg	10 mg

Fertilovit® F^{Endo} is gluten-free and lactose-free.

Administration form:

Capsules

Packaging size:

90 capsules (45 vitamin/mineral capsules and 45 fish oil capsules), 45 daily servings

Net quantity:

66.3 g (vitamin and mineral capsules: 36.5 g, omega-3 fish oil capsules: 29.8 g)

Ingredients vitamin and mineral capsule:

Magnesium oxide, hydroxypropyl methyl cellulose, L-ascorbic acid, N-acetyl-L-cysteine, zinc gluconate, nicotinamide, coenzyme Q10, ferrous sulfate, D-alpha-tocopheryl succinate, calcium-D-pantothenate, lycopene, anti-caking agent magnesium salts of fatty acids, thiamine hydrochloride, riboflavin, pyridoxine hydrochloride, pteroylmonoglutamic acid, D-biotin, cupric sulphate, potassium iodide, sodium selenite, cyanocobalamin, cholecalciferol, colour titanium dioxide, glazing agent ethyl cellulose.

Ingredients omega-3 fish oil capsule:

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

Application:

For the dietary management of endometriosis in women planning for pregnancy.

Please note:

Fertilovit® F^{Endo} is a nutritionally incomplete food for special medical purposes. The product must be used under medical supervision. A varied and balanced diet as well as a healthy lifestyle are important. Please store out of reach of little children.

Signature:

Please take 1 vitamin/mineral and 1 fish oil capsule daily. Swallow whole with plenty of water.

Best before end:

The best before date is printed on the packaging.

Made in Germany**Sales and distribution:**

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