

Preconceptional supplement for women over 35

**Dietary supplement with 800 µg folic acid, B-vitamins, iron, iodine and coenzyme Q10. Sustained vitamin C-release.**

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.

## What is Fertilovit® F 35 plus?

**Fertilovit® F 35 plus** is a dietary supplement specifically designed to meet the requirements of mature women who wish to conceive. It provides complete preconceptional vitamin, antioxidant and mitochondrial health 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, as well as blood formation, women planning for pregnancy are 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. For optimal effect **Fertilovit® F 35 plus** contains vitamin C with sustained release.

## 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 and oxidative stress is also thought to be involved in age-related fertility decline. Living in a time in which professional demands force women to delay their desire for children, this finding is particularly important.

## Coenzyme Q10

Mature women planning for pregnancy benefit from mitochondrial nutrients such as coenzyme Q10. This micronutrient is involved in energy production in the mitochondria, cellular organelles which are particularly abundant in oocytes. This doesn't come as a surprise, as oocytes need plenty of energy during their maturation and for early pregnancy.

The preconceptional supplement **Fertilovit® F 35 plus** has been designed taking into account these latest findings. In addition to a wide variety of important vitamins and minerals it also contains coenzyme Q10 for mitochondrial health as well as 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 sizes:

90 capsules, Three month pack  
30 capsules, One month pack

## Net quantities:

51.3 g  
17.2 g

## Ingredients:

Magnesium oxide, L-ascorbic acid, hydroxypropyl methyl cellulose, ferrous citrate, coenzyme Q10, nicotinamide, D-alpha-tocopheryl acetate, calcium-D-pantothenate, zinc oxide, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, pteroylmonoglutamic acid, potassium iodide, D-biotin, carrot concentrate, cholecalciferol, cyanocobalamin, glazing agent ethyl cellulose.

## Supplement facts:

The composition of **Fertilovit® F 35 plus** corresponds to the special requirements of mature women planning for pregnancy.

	Daily dose (1 capsule)	% NRV*
<b>Vitamin C</b>	100 mg	125
<b>Vitamin E</b>	20 mg	166
<b>Vitamin B1</b>	3 mg	272
<b>Vitamin B2</b>	3 mg	214
<b>Pantothenic acid</b>	12 mg	200
<b>Vitamin B6</b>	4 mg	285
<b>Vitamin B12</b>	7 µg	280
<b>Folic acid</b>	800 µg	400
<b>Vitamin D</b>	20 µg	400
<b>Niacin</b>	35 mg	218
<b>Biotin</b>	150 µg	300
<b>Zinc</b>	5 mg	50
<b>Magnesium</b>	100 mg	26
<b>Iodine</b>	150 µg	100
<b>Iron</b>	7.5 mg	54
<b>Coenzyme Q10</b>	35 mg	-

\*] Nutrient reference values according to EU regulation

**Fertilovit® F 35 plus** is free from artificial colours, suitable for vegans and gluten-free.

## Directions:

For best results, experts recommend to start taking a supplement about three months prior to conception. Take one capsule **Fertilovit® F 35 plus** per day.

Please read the instructions prior to use. Do not exceed the recommended daily dosage. Store **Fertilovit® F 35 plus** out of the reach of young children. A dietary supplement can not and must not replace a healthy lifestyle and a balanced diet.

## Warnings and precautions:

**Fertilovit® F 35 plus** contains 150 µg biotin per capsule. If you are about to undergo laboratory testing, you must tell your doctor or the laboratory personnel that you are taking or have recently taken **Fertilovit® F 35 plus**, because biotin may affect results of such tests. Depending on the test, the results may be falsely elevated or falsely low due to biotin. Your doctor may ask you to stop taking **Fertilovit® F 35 plus** before performing laboratory tests.

## Best-before end:

The best-before date is printed on the packaging.

## Made in Germany

**Sales and distribution:**  
Gonadosan Distribution GmbH  
Römerstrasse 2  
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