



# IroTec

Iron + Folic acid

*lactose- &  
gluten-free*



## High-potency iron For the pregnancy

Pregnancy is certainly the most demanding stage of a woman's life. In that time, she needs to pay attention to remaining healthy. In particular, her diet should be adapted to her needs and those of her baby. Adequate Iron and Folic acid intakes are especially important during pregnancy:

- **Iron** is required for the production of haemoglobin which is increased during pregnancy to supply mother and fetus with enough oxygen.
- **Folic acid** is needed for the formation of red blood cells and helps reduce the risk of developmental abnormalities such as neural tube defects.

Based on the guidelines of the World Health Organization, pregnant women should take an iron and folic acid supplement as early as possible during pregnancy.

**Doppelherz® aktiv IroTec film-coated tablets release optimal amounts of Iron and Folic acid.**

Daily intake of one tablet **Doppelherz® aktiv IroTec** early on in the pregnancy ensures maintenance of normal levels of maternal and fetal haemoglobin, prevents antenatal anemia and decreases the risk of neural tube defects. This combination of Iron and Folic acid also has a positive impact on the outcome of pregnancy.

### One tablet contains:

158 mg Ferrous sulphate and 600 µg Folic acid.

### Recommendations:

Take 1 tablet daily at meal with enough liquid. Do not chew.

Do not exceed the stated recommended daily dosage! Maximum of 1 tablet in 24 hours.

Food supplements should not be used as a substitute for a varied diet. The product should be stored out of the reach of children.

This product contains iron, which if taken in excess may be harmful to very young children. This product should not be taken by patients suffering from iron overload disorders.

### Energetic value:

1 tablet corresponds to 0.1 kcal/0.4 kJ.

Do not store above 25 °C.



  
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