



lactose- &
gluten-free

Vital Materna PLUS



Advanced formula to support
conception, pregnancy and breastfeeding

Recent scientific works show that a good supply with particular vitamins, minerals and nutrients in the two months preceding conception has a positive impact on health of the child to be born.

Doppelherz® aktiv created the food supplement **Vital Materna PLUS** to assist women through their pregnancy from the conception time until the end of the breastfeeding period. **Vital Materna PLUS** brings the nutrients required for a good development of the fetus and of the baby.

Folic acid is required for proper neural tube closure, which happens between the 22nd and the 28th day of pregnancy, when the woman might not even know that she is pregnant. This is why it is advised to women wanting children to daily consume folic acid at least 4 weeks before planned conception.

Omega-3 fatty acids, in particular **DHA**, are important for eyes and brain development of the fetus.

Vitamin C supports the immune system and decreases the risk of iron-deficiency anemia by favoring iron assimilation. **Vitamin E** is an antioxidant of the cell membranes that slows-down cellular aging.

Vitamin D helps calcium fixation in the bones. **Vitamin B₁**, **niacin**, **vitamin B₆** and **pantothenic acid** play an important role in nutrient assimilation and energy release from sugars and lipids. **Vitamin B₂** is required for cell protection, in particular nerve cells. **Vitamin B₁₂** is involved in cell growth and function and in the balance of the nervous system. **Biotin** is used to build healthy skin, hair and nails.

Iodine is essential for thyroid hormones production, which control several processes such as growth, energy-yielding metabolism and fetus brain and bone development.

Iron is required for hemoglobin formation and for oxygen transport. Iron needs double during pregnancy.

Zinc has an important function in cell regeneration and protection. Together with vitamin C it strengthens the immune system.

Magnesium activates several enzymes and influences energy-yielding metabolism and function of the neuromuscular system.

Recommendations:

Take 1 to 2 capsules daily at meal with enough liquid. Do not chew.

Do not exceed the stated recommended daily dosage!

Food supplements should not be used as a substitute for a varied diet.

The product should be stored out of the reach of children.

Two capsules contain:

252 mg DHA, 4 mg Beta-carotene, 24 mg Vitamin E, 10 µg Vitamin D₃, 160 mg Vitamin C, 12 mg Pantothenic acid, 2.4 mg Vitamin B₁, 3 mg Vitamin B₂, 4 mg Vitamin B₆, 800 µg Folic acid, 120 µg Biotin, 30 mg Niacin, 4 µg Vitamin B₁₂, 28 mg Iron, 120 mg Magnesium, 10 mg Zinc, 2 mg Copper, 300 µg Iodine.

Energetic value:

1 capsule corresponds to 5 kcal/21 kJ.

Do not store above 25 °C.




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