

# Folio®

You can contribute greatly to your health by having a balanced diet and a healthy way of life. However, sometimes, you may require a dietary supplement.

**Folio®** is primarily recommended for women who plan a pregnancy, are pregnant or breastfeeding. At this period of life the proper supply of the B-vitamins and vitamin D<sub>3</sub> as well as of the iodine mineral is particularly important. It is necessary to pay special attention to a varied and balanced diet as well as to a healthy way of life during pregnancy and lactation. However it is not always easy to assimilate the significantly increased needs for the light-sensitive folic acid and vitamin B<sub>12</sub>, the hardly available iodine and vitamin D<sub>3</sub> through food solely. Taking **Folio®** enables you and your child to ensure a balanced intake of these nutrients.

## Ingredients

### Folic acid – the “pregnancy vitamin”

Folic acid (vitamin B<sub>9</sub>) is especially important during pregnancy and lactation since it plays an essential role in all cell division processes and in the growth of the maternal tissue.

Consequently it also plays a specific role in nascent life and should be available at a sufficient level right from the beginning of pregnancy. Therefore it is recommended to take a folic acid supplement as soon as you wish to become pregnant.

Other advantages in having a sufficient folic acid supply are: its active participation in the correct function of the immune system, its enhancement of a balanced homocystein blood level and that it contributes to reducing fatigue.

**Sources:** leafy vegetables (such as spinach, broccoli and lettuce), tomatoes, cereals, yeast, eggs and nuts.

### Vitamin B<sub>12</sub> – the “facilitator vitamin”

Vitamin B<sub>12</sub> (cobalamin) plays likewise an important role in the immune system and in the formation of blood. Furthermore it is an essential vitamin for the nervous system and for the regulation of energy resources. Folic acid can not accomplish its tasks without vitamin B<sub>12</sub>. Both vitamins work hand in hand. Hence a proper level of vitamin B<sub>12</sub> is as critical as a sufficient supply of folic acid.

**Sources:** meat, fish and dairy products.

### Vitamin D<sub>3</sub> – the “sunshine vitamin”

Unlike most vitamins, vitamin D is being produced by your body when you expose your skin to sunlight; worth knowing, it actually functions like a hormone. Vitamin D is essential for strong bones, because it helps the body using calcium and phosphorus from the diet. Vitamin D also plays a role in the cell division process and in the normal function of the immune system.

**Sources:** mainly self-production; cod liver oil and fish.

## Iodine – the mineral

Iodine is a vital mineral which is needed for the formation of the thyroid hormones. These hormones control the growth and development of all organs, of the nervous system, the brain, the muscles and the skeleton. Moreover is iodine a critical nutrient in order to maintain healthy skin and balanced energy resources.

**Sources:** sea fish, shellfish, and in less quantity eggs and dairy products.

## When and how long should Folio® be taken?

**Folio®** helps you cover your increased needs for vitamins B<sub>9</sub>, B<sub>12</sub>, D<sub>3</sub> and iodine during pregnancy planning, pregnancy and lactation. We recommend you to ensure your supply in these nutrients by taking **Folio®** from the moment you plan a family until the end of the breastfeeding period.

## Contraindications

Women with thyroid disorders should seek medical advice from their doctor prior to taking **Folio®**.

## Composition

Nutrients	per tablet	NRV*
Folic acid	400 µg	200
Iodine (potassium iodide)	150 µg	100
Vitamin D <sub>3</sub>	20 µg	400
Vitamin B <sub>12</sub>	9 µg	360

\* % of nutrient reference values in the EU.

**Dosage:** take one tablet a day with liquid during mealtime.

Do not exceed the daily intake.

The tablets come in a practical click dispenser which releases a tablet per push.

**Storage and cautions:** store in a dry place (not in the bathroom or refrigerator!), not above 25 °C and out of direct sunlight.

Keep out of reach of children.

**Ingredients:** Bulking agent: Cellulose, Calcium hydrogen phosphate; Glucose; Coating agent: Hydroxypropyl Methylcellulose; Anti-caking agent: Magnesium salts of fatty acids; Pteroylmonoglutamic acid (folic acid); Potassium iodide, Cholecalciferol (vitamin D<sub>3</sub>), Cyanocobalamin (vitamin B<sub>12</sub>).

**Free of lactose, fructose, gluten, colorants, flavor and nanoparticle as well as animal constituents.**

## Product ID code (GLN):

4 260139 870 370 (90 tablets – Dispenser)  
4 260139 870 264 (20 tablets – Dispenser)  
4 260139 870 356 (100 tablets – Blister)  
4 260139 870 363 (25 tablets – Blister)

 **SteriPharm Export**

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