

# Folio<sup>®</sup> forte

Dietary supplement

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<sup>®</sup> forte** is primarily recommended for women who desire to have children and for those who are pregnant. 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. For those who only eat few food of animal origin the supply of vitamin B<sub>12</sub> may be difficult. Taking **Folio<sup>®</sup> forte** 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<sup>®</sup> forte be taken?

For an optimal preparation to pregnancy, we recommend to take **Folio<sup>®</sup> forte** as soon as you plan a family. **Folio<sup>®</sup> forte** contains 800 µg folic acid which helps to ensure a rapid and a secure build-up of the folates reserve. In order to cover the increased needs for folic acid, vitamin D<sub>3</sub>, vitamin B<sub>12</sub> and iodine during pregnancy, it is recommended to take the tablets until the end of the 12<sup>th</sup> week of pregnancy. From the 13<sup>th</sup> week of pregnancy on, you may ensure your supply in these nutrients by taking **Folio<sup>®</sup>**. As breast-fed newborns solely rely on the nutrients contained in mother's milk, **Folio<sup>®</sup>** should definitively be taken until the end of the lactation period.

### Contraindications

Women with thyroid disorders should seek medical advice from their doctor prior to taking **Folio<sup>®</sup> forte** and should eventually change to **Folio<sup>®</sup> forte iodine-free**.

### Composition

Nutrients	per tablet	%NRV*
Folic acid	800 µg	400
Iodine	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; anti-caking agent: Glucose; coating agent: Hydroxypropyl methylcellulose; anti-caking agent: Magnesium salts of fatty acids; Pteroylmonoglutamic acid (folic acid); Potassium iodide; Cholecalciferol (vit. D<sub>3</sub>), Cyanocobalamin (vit. B<sub>12</sub>)

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

Note: since no artificial colors are used, tiny speckles may be visible on the tablets. They result from the natural violet color of the vitamin B<sub>12</sub>.

Product ID code (GLN): 4 260139 870 29 5 (120 tablets)  
4 260139 870 30 1 (20 tablets)  
4 260139 870 38 7 (90 tablets)

 **SteriPharm Export**

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