

Nutrifem® Basic



Micronutrients for pregnancy, breastfeeding and the desire to have children

Micronutrients for a good start in life

Nutrifem® Basic supplies pregnant women, breastfeeding mothers as well as women with the desire to have children with a selected range of relevant vitamins and trace elements. The composition of Nutrifem® Basic was adapted to the latest scientific evidence and contains activated folic acid (Quatrefolic®) and lutein (Lutemax®), an important carotenoid. Lutemax® is obtained from marigold flowers and complies with the highest quality requirements. Folate contributes to maternal tissue growth during pregnancy.

Nutrifem® Basic:

- With activated folic acid (Quatrefolic®) and lutein (Lutemax®)
- Contributes to the welfare of the mother and the development of the child throughout the entire pregnancy
- To increase the intake of nutrients after prolonged use of the birth control pill
- The contained vitamin folic acid (folate) contributes to the growth of the maternal tissue during pregnancy
- Folate supports normal amino acid synthesis and has a function in cell division
- Iron and vitamin C help reduce tiredness and fatigue

Possible applications

- To replenish the nutrients prior to pregnancy
- To ensure a sufficient intake of folic acid in the first few days of a pregnancy
- To improve the intake of micronutrients in times of increased need due to pregnancy and while breastfeeding
- To support the health of the mother and the development of the child throughout the entire pregnancy

Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours and flavours
- Gluten-free
- Fructose-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegetarian
- Quality tested

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BIOGENA
WELCOME TO YOURSELF

INGREDIENTS per daily dose	1 Capsule	% NRV*
Vitamin C	150 mg	188
Niacin (mg NE)	18 mg	113
Vitamin E (mg alpha-TE)	12 mg	100
Pantothenic acid	9 mg	150
Vitamin B6	3 mg	214
Riboflavin (vitamin B2)	2.4 mg	171
Thiamine (vitamin B1)	2.1 mg	191
Beta-carotene	2 mg	-
<i>corresponds to vitamin A (µg RE)</i>	<i>333 µg</i>	<i>42</i>
Folate (total)	800 µg	400
<i>as folic acid</i>	<i>400 µg</i>	<i>200</i>
<i>as 5MTHF-glucosamine (activated folate)</i>	<i>400 µg</i>	<i>200</i>
Biotin	150 µg	300
Vitamin K1	60 µg	80
Vitamin D3	10 µg	200
Vitamin B12	4 µg	160
Iron	15 mg	107
Zinc	10 mg	100
Copper	0.75 mg	75
Manganese	0.75 mg	38
Iodine	200 µg	133
Selenium	35 µg	64
Inositol	30 mg	-
Lutein	5 mg	-

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Calcium-L-ascorbate, ferrous gluconate, hydroxypropyl methyl cellulose (capsule shell), zinc gluconate, inositol, D-alpha tocopheryl acetate, beta-carotene, lutein, nicotinamide, calcium-D-pantothenate, sodium selenite, manganese gluconate, cyanocobalamin, cholecalciferol, pyridoxine hydrochloride, potassium iodide, thiamine mononitrate, riboflavin, cupric citrate, D-biotin, vitamin K1 (phylloquinone), 5MTHF-glucosamine, folic acid.

RECOMMENDED DOSAGE

1 capsule daily taken before a meal with plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

PACKAGE SIZE AND CONTENT

83 g, 120 capsules (4 month supply)

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INFORMATION

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Quatrefolic® is a registered trademark of Gnosis S.p.A. Lutemax® Free Lutein is a trademark of OmniActive Health Technologies Ltd. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version: 11.05.2023.



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