

Nutrifem® Mamma Mia



3 for 2

A good start in life – with the complete micronutrient supply for mother and child

3 for 2 in one: That is Nutrifem® Mamma Mia – specially developed for the phases in the life of a woman in which a sufficient nutrient supply is essential. Then regardless of whether the woman wishes to have children, is pregnant or is breast-feeding, the intake of vitamins, minerals, trace elements and omega-3 fatty acids is especially important during this time. After all, the growth and development of the unborn child, as well as the progression of the pregnancy is decisively influenced by the lifestyle and diet of the mother.

Nutrifem® Mamma Mia covers the following products:

- Nutrifem® Basic: Food supplement for the complete supply for women and expectant mothers. With vitamins, minerals and extra folic acid.
- Nutrifem® DHA 250 Food supplement with omega-3 fatty acids for optimum development of the brain and eye of the child (from an intake of at least 250 mg EPA and DHA per day).
- Nutrifem CalMagOcean®: Food supplement with natural calcium and magnesium from fossil sango corals for bones, teeth, muscles and nerves.


Possible uses:

- To improve nutrient uptake before a pregnancy
- To improve the alimentary nutrient supply during pregnancy
- For increased nutrient supply while breast-feeding
- To support the health of the mother and the development of the unborn child

Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours and flavours
- Gluten-free
- Lactose-free
- Fructose-free
- Quality tested

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BIOGENA
WELCOME TO YOURSELF

INGREDIENTS per daily dose (Nutrifem® Basic)	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>	333 µg	42
Folate (total)	800 µg	400
<i>as 5MTHF-glucosamine (activated folate)</i>	400 µg	200
<i>as folic acid</i>	400 µg	200
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.

INGREDIENTS per daily dose (Nutrifem CalMagOcean®)	1 Capsule	% NRV*
Calcium	200 mg	25
Magnesium	100 mg	27

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

INGREDIENTS

Coral calcium, hydroxypropyl methyl cellulose (capsule shell), bulking agent: powdered cellulose

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INGREDIENTS per daily dose (Nutrifem® DHA 250)	1 Capsule	% NRV*
Fish oil concentrate	500 mg	-
<i>containing: docosahexaenoic acid (DHA)</i>	250 mg	-
<i>containing: eicosapentaenoic acid (EPA)</i>	50 mg	-
Vitamin E (mg alpha-TE)	8 mg	67

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

INGREDIENTS

fish oil concentrate, capsule shell (gelatine from **fish**, humectant: glycerol), D-alpha-tocopherol, mixed tocopherols.

RECOMMENDED DOSAGE

Consume 1 capsule daily with plenty of liquid: Nutrifem® Basic is best taken before a meal. Nutrifem CalMagOcean® is best taken outside of meals. Nutrifem® DHA 250 is best taken with a meal.

NOTE

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

PACKAGE SIZE AND CONTENT

Nutrifem® Basic 83 g, 120 capsules (4 month supply)

Nutrifem CalMagOcean® 133 g, 120 capsules (4 month supply)

Nutrifem® DHA 250 80 g, 120 capsules (4 month supply)

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: 18.04.2023.



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