

Fertilovit® F 35 plus

Preconceptional supplement for women from 35

Consumer Information

Dietary supplement with 800 µg folic acid, B-vitamins, iron, iodine and coenzyme Q10. Sustained vitamin C-release.

Deciding for parenthood is a big step for every woman. Once the decision has been taken, an exciting journey commences.

Provide your baby with optimal conditions for its development. Every mother-to-be can contribute considerably to providing her future baby with the best conditions for its development. In addition to healthy lifestyle choices it is important to ensure an adequate supply with vitamins and minerals well before pregnancy.

What is Fertilovit® F 35 plus?

Fertilovit® F 35 plus is a dietary supplement specifically designed to meet the requirements of mature women who wish to conceive. It provides complete preconceptional vitamin, antioxidant and mitochondrial health support.

Folic acid is one of the B-vitamins and is abundant in fruits and vegetables. However, it is very sensitive to heat and light. Because of its importance for cell division and growth, as well as blood formation, women planning for pregnancy are recommended to supplement it. Other B-vitamins such as vitamins B6 and B12 are important for cell division and a healthy homocysteine metabolism. Pantothenic acid contributes to the healthy metabolism of steroid hormones to which the sex hormones belong, too. Other vital substances such as iron, iodine and antioxidants play an important role in supporting the body during preconception and early pregnancy as well. While iron is essential for the transport of oxygen in the blood and iodine contributes to healthy thyroid function, antioxidants like vitamin E and C protect DNA, proteins and lipids of cells from oxidative stress. For optimal effect **Fertilovit® F 35 plus** contains vitamin C with sustained release.

Oxidative stress

The term oxidative stress refers to the impairment of body cells by reactive oxygen species (ROS). Normally, the ROS produced in the body are defanged by the body's protective antioxidant system. However, if there are too many ROS or too few antioxidants, this delicate balance can collapse and body cells are damaged. Oocytes are particularly susceptible to attacks by reactive oxygen species and oxidative stress is also thought to be involved in age-related fertility decline. Living in a time in which professional demands force women to delay their desire for children, this finding is particularly important.

Coenzyme Q10

Mature women planning for pregnancy benefit from mitochondrial nutrients such as coenzyme Q10. This micronutrient is involved in energy production in the mitochondria, cellular organelles which are particularly abundant in oocytes. This doesn't come as a surprise, as oocytes need plenty of energy during their maturation and for early pregnancy.

The preconceptional supplement **Fertilovit® F 35 plus** has been designed taking into account these latest findings. In addition to a wide variety of important vitamins and minerals it also contains coenzyme Q10 for mitochondrial health as well as ample antioxidants. For maximal protection around the clock, vitamin C, one of the body's major antioxidants, is released in delayed fashion.

Please visit www.fertilovit.com to learn more!

Administration form:

Capsules

Net quantity:

51.3 g, 90 capsules

Supplement facts:

The composition of **Fertilovit® F 35 plus** corresponds to the special requirements of mature women planning for pregnancy.

One capsule of **Fertilovit® F 35 plus** (daily dosage) contains:

| | Daily dose (1 capsule) | % NRV* |
|-------------------------------|------------------------|--------|
| Vitamin C | 100 mg | 125 |
| Vitamin E | 20 mg | 166 |
| Vitamin B₁ | 3 mg | 272 |
| Vitamin B₂ | 3 mg | 214 |
| Pantothenic acid | 12 mg | 200 |
| Vitamin B₆ | 4 mg | 285 |
| Vitamin B₁₂ | 7 µg | 280 |
| Folic acid | 800 µg | 400 |
| Vitamin D | 5 µg | 100 |
| Niacin | 35 mg | 218 |
| Biotin | 200 µg | 400 |
| Zinc | 5 mg | 50 |
| Magnesium | 100 mg | 26 |
| Iodine | 150 µg | 100 |
| Iron | 7,5 mg | 54 |
| Coenzyme Q10 | 35 mg | - |

*] Nutrient reference values (according to EU guidelines)

Fertilovit® F 35 plus does not contain lactose and gelatine.

Directions:

For best results, experts recommend to start taking a supplement about three months prior to conception.

Take one capsule **Fertilovit® F 35 plus** per day.

Please read the instructions prior to use. Do not exceed the recommended dosage. Store **Fertilovit® F 35 plus** out of the reach of little children. A dietary supplement can not and must not replace a healthy lifestyle and a balanced diet. Please do not consume **Fertilovit® F 35 plus** if you suffer from autoimmune thyroiditis, have issues with your iron metabolism or have a known intolerance to any of the ingredients.

Best-before date:

The best-before date is printed on the packaging. Please do not use **Fertilovit® F 35 plus** after this date or if the packaging is torn or shows signs of tampering.

Made in Germany by order of:

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www.gonadosan.com

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