



Test your knowledge

To test your new knowledge complete the multiple choice questions below. Tick your correct answers for each question and either fax your answers to 01482 702878 or detach the card and post it back via the reply paid service. You will then receive your **Certificate of Achievement** to acknowledge your training. *You can photocopy this card before you start for other members of the pharmacy team to use.*

- Which of the following is a fat-soluble vitamin?
a. B1
b. Folic acid
c. D
d. C
- Folate is essential for healthy:
a. Neural tube development
b. Nervous system development
c. Immune system development
d. Placenta development
- If a woman is thinking of conceiving she should take:
a. 100mcg folic acid
b. 200mcg folic acid
c. 300mcg folic acid
d. 400mcg folic acid
- Symptoms of PMS include:
a. Irritability and feeling bad tempered
b. Mood swings
c. Fluid retention
d. All of the above
- Riboflavin (vitamin B2) is needed:
a. For the normal release of energy
b. To help release energy from food
c. To help the body absorb calcium from food
d. To help the body break down food
- Which one of the following is NOT essential for radiant skin:
a. Zinc
b. Vitamin K
c. Vitamin C
d. Niacin
- The menopause occurs due to:
a. Falling levels of folic acid
b. Falling levels of vitamin K
c. Falling levels of oestrogen
d. Falling levels of calcium
- Magnesium makes sure which gland works normally?
a. Thyroid
b. Sebaceous
c. Parathyroid
d. Adrenal
- After the menopause it is important women look after:
a. Their bones
b. Their skin
c. Their hair
d. Their eyes
- A good source of vitamin C is:
a. Red meats
b. Plant oils
c. Dairy products
d. Fruit and vegetables

Name: _____ Job title: _____
 Pharmacy name: _____
 Address: _____
 Postcode: _____
 Daytime telephone number: _____



Test your knowledge

To test your new knowledge complete the multiple choice questions below. Tick your correct answers for each question and either fax your answers to 01482 702878 or detach the card and post it back via the reply paid service. You will then receive your **Certificate of Achievement** to acknowledge your training. *You can photocopy this card before you start for other members of the pharmacy team to use.*

- Which of the following is a fat-soluble vitamin?
a. B1
b. Folic acid
c. D
d. C
- Folate is essential for healthy:
a. Neural tube development
b. Nervous system development
c. Immune system development
d. Placenta development
- If a woman is thinking of conceiving she should take:
a. 100mcg folic acid
b. 200mcg folic acid
c. 300mcg folic acid
d. 400mcg folic acid
- Symptoms of PMS include:
a. Irritability and feeling bad tempered
b. Mood swings
c. Fluid retention
d. All of the above
- Riboflavin (vitamin B2) is needed:
a. For the normal release of energy
b. To help release energy from food
c. To help the body absorb calcium from food
d. To help the body break down food
- Which one of the following is NOT essential for radiant skin:
a. Zinc
b. Vitamin K
c. Vitamin C
d. Niacin
- The menopause occurs due to:
a. Falling levels of folic acid
b. Falling levels of vitamin K
c. Falling levels of oestrogen
d. Falling levels of calcium
- Magnesium makes sure which gland works normally?
a. Thyroid
b. Sebaceous
c. Parathyroid
d. Adrenal
- After the menopause it is important women look after:
a. Their bones
b. Their skin
c. Their hair
d. Their eyes
- A good source of vitamin C is:
a. Red meats
b. Plant oils
c. Dairy products
d. Fruit and vegetables

Name: _____ Job title: _____
 Pharmacy name: _____
 Address: _____
 Postcode: _____
 Daytime telephone number: _____



femibion®

HEALTH FOR WOMEN



A Pharmacy Training Guide

Supporting HEALTH FOR WOMEN



femibion®

HEALTH FOR WOMEN

Plenty of reasons to love being a woman

This new training guide is your introduction to supporting women's health. As women progress through life there are a number of significant stages to go through. Each stage brings with it its own emotional challenges, physical changes and nutritional needs. This guide covers the key life stages of pregnancy and motherhood, active living and menopause. It describes what the emotional impact, physical changes and nutritional needs are during these times and which vitamins and minerals can help.



eating a healthy, well-balanced diet and drinking plenty of water. However, there are times when this is hard to maintain. Equally, there are times when we are going through a new situation in life, suffering from a lack of vitality or experiencing changes to our body when we need nutritional support from vitamins, minerals and supplements.

There are supplements available in pharmacy that are designed to support women every day and at every stage of their lives. Life stage benefit-led vitamins and minerals may help to support women physically and emotionally at the key life stages of pregnancy, motherhood, active living and menopause.

Femibion offers a range of vitamins for women at each life stage.

This guide will help you to identify the nutritional requirements of women, what vitamins and minerals can do to help maintain and support women's health and wellbeing.

This guide can be used by all members of the pharmacy team. Pharmacists and pharmacy technicians can use it as part of their CPD.

Nutrition plays a significant role at any stage of life. It can help us to be at our best to manage all aspects and activities in our busy lives. Good nutrition should start with

This guide aims to:

- Refresh your knowledge on vitamins and minerals
- Help you understand the nutritional requirements of women at different life stages
- Increase your confidence in advising on vitamin and mineral supplements.

TESTING YOUR KNOWLEDGE

After reading this guide you should check your understanding of the category by completing the multiple choice questions on page 9. You should then mark your answers onto the flap attached to the back cover of this guide. You need to return the reply-paid answer card for marking so that you can receive your Certificate of Achievement to acknowledge what you have learnt.



The training content of this guide has been approved by the National Pharmacy Association (NPA). The NPA in no way endorses any product, product ranges or treatment regimens listed in this booklet.

Your introduction to vitamins & minerals



The vitamins, minerals and supplements market can be confusing for many customers.

This is where pharmacy can help. Your knowledge and expertise in this area can guide customers through this busy market so they can make the most appropriate choices for them.

Water soluble vitamins – are needed every day because they are not stored in the body to any great extent.

Fat soluble vitamins – are not needed every day because any of the vitamin the body doesn't use immediately is stored in the liver for future use.

Food supplements

Probiotics provide healthy bacteria directly to the digestive system. Probiotics are used to maintain the health of the digestive tract and the immune system.

Co-enzyme Q10 is found naturally in the body but over time the body produces less so we need to get it from other sources. It is important for the production of energy from food and is a powerful antioxidant.

Omega-3 fatty acids are:
Eicosapentaenoic acid (EPA)
Docosahexaenoic acid (DHA).

The best source of omega-3 fatty acids is oily fish such as salmon and mackerel. The Government recommends we should eat two portions of fish a week, one of which should be oily fish to ensure an adequate intake of omega-3. This amount of fish provides us with approximately 450mg of EPA and DHA a day. EPA and DHA are important for the formation of new tissue and for growth and development. DHA is especially important in the formation of brain, eyes and nerves in the foetus. Supplements can help customers to consume this amount of EPA and DHA every day – you can help customers to choose a supplement that is right for them.

An overview of some of the essential vitamins for women

Vitamin	Water or fat soluble	Can be found in
A (retinol)	Fat soluble	Cheese, eggs, oily fish, milk, fortified margarine and yoghurt, liver.
B1 (thiamin)	Water soluble	Pork, vegetables, milk, cheese, peas, fresh and dried fruit, eggs, wholegrain breads and some fortified breakfast cereals.
B2 (riboflavin)	Water soluble	Milk, eggs, fortified breakfast cereals, rice and mushrooms.
Niacin (B3)	Water soluble	Beef, pork, chicken, wheat flour, maize flour, eggs and milk.
Pantothenic acid (B5)	Water soluble	Chicken, beef, potatoes, porridge, tomatoes, kidney, eggs, broccoli and wholegrains.
B6	Water soluble	Pork, chicken, turkey, cod, bread, whole cereals, eggs, vegetables, soya beans, peanuts, milk, potatoes and some fortified breakfast cereals.
B12	Water soluble	Virtually all meat products, salmon, cod, milk, cheese, eggs, yeast extract and some fortified breakfast cereals.
Folic acid	Water soluble	Small amounts in broccoli, Brussel sprouts, asparagus, peas, chickpeas and brown rice.
Biotin	Water soluble	Meat such as kidney, eggs and some fruit and vegetables, especially dried mixed fruit.
C	Water soluble	A wide variety of fruit and vegetables. Good sources include peppers, broccoli, Brussel sprouts, sweet potatoes, oranges and kiwi fruit.
D	Fat soluble	Oily fish, eggs, fortified foods such as margarine, breakfast cereals and powdered milk. Sunlight is the best source.
E	Fat soluble	Plant oils such as soya, corn and olive oil, nuts, seeds and wheatgerm.
K	Fat soluble	Green leafy vegetables such as broccoli and spinach and in vegetable oils and cereals.

An overview of some of the essential minerals for women

Minerals	Can be found in
Iron – essential mineral	Liver, meat, beans, nuts, dried fruit, wholegrains, green leafy vegetables.
Zinc – trace element	Meat, shellfish, milk and dairy foods, bread and cereal products.
Iodine – trace element	Sea fish and shellfish.





Ensuring a healthy pregnancy for healthy baby development

●●● customer scenario

A customer asks for your advice – she is planning a pregnancy and wants to know what she can do to boost her health to help her and her unborn baby.

Pregnancy is an exciting but often demanding time for women.

Not only will mums-to-be be getting ready for their new arrival, but they will also be going through a number of emotional and physical changes.

- Within the first trimester of pregnancy (the first 12 weeks) it is common for women to have feelings of nausea and some may also experience vomiting
- During the second trimester (13 to 24 weeks) the pregnancy can often cause women to feel tired and listless
- In the final trimester (25 to 36 weeks) indigestion, heartburn, constipation and leg cramps are all common complaints.

There are many things that women can do during these nine months to make the pregnancy more comfortable for them and to help support their unborn baby. One important element is nutrition. Pregnant women should eat plenty of fresh fruit and vegetables and should avoid certain foods (e.g. certain cheeses). Good nutrition can help to support the baby's growth and development and keep mums-to-be healthy. However, if pregnant women are concerned that they cannot achieve this level of nutrition through diet alone, you could recommend suitable vitamin and mineral products to supplement their diet.

Essential nutrients during pregnancy

Metafolin® is the biologically active folate form of folic acid. Folate is necessary for the healthy neural tube development of the foetus.

Folic acid helps to reduce the risk of neural tube defects in unborn babies.

Vitamin B1 is needed for the normal function of the heart and nervous system.

Vitamin B2 is involved in the transport and metabolism of iron.

Vitamin B6 for a healthy immune system.

Vitamin B12 helps to maintain a healthy nervous system.

Vitamin E is a highly effective antioxidant.

Vitamin C is needed for a healthy nervous system as well as to protect cells and to help the body absorb iron.

Iodine is needed for the development of the nervous system and to keep cells healthy.

An omega-3 fatty acid, DHA, which plays an essential role in the normal development of the brain, nervous system and eyes.

Vitamin D helps regulate the amount of calcium and phosphate in the body. 10mcg is recommended during pregnancy and while breast feeding.

Folic acid

Folic acid, known as folate in its natural form, is one of the B vitamins. It is recommended that every woman who is thinking about pregnancy or is in the first 12 weeks of pregnancy takes a daily supplement of 400 micrograms of folic acid.

Before and during the first trimester of pregnancy, folic acid is a large contributor to the development of the unborn baby. Folic acid has a number of important functions – it helps to produce healthy red blood cells, it helps to make DNA and it is a critical component of spinal fluid. Importantly, folic acid is known to prevent neural tube birth defects such as spina bifida.

Metafolin®

The body needs to metabolise folic acid into folate in order for it to be effective. However, up to 50 per cent of women are unable to completely transform folic acid into the biologically active form. A supplement that combines folic acid 200µg with Metafolin® (calcium-L-methylfolate) gives a total of 400µg folate and provides your customer with the best possible folate supply during pregnancy. This is because Metafolin® quickly converts into the natural form of folate that the body uses, meaning it can be more easily utilised by the body.

N.B: Pregnant women should not take supplements containing vitamin A as large quantities can harm the unborn baby. Certain fish and supplements made from fish liver oil should also be avoided due to their vitamin A content.

There are supplements available that contain the recommended 400µg of folic acid in combination with other essential nutrients outlined above. **See the product fact file on page 10 for details.**



Supporting energetic mums for health & vitality

●●● customer scenario

Your customer has had her baby and is adapting to life as a busy mum. Her nutritional needs have changed and she would like some advice as to what she should take now.

Once your customer has had her baby there are new demands on her and her body. Life will have become even busier for her and she will have to adapt to new, often tiring, routines. Sleepless nights, busy days and recovering from the effects of birth can all take their toll on a new mum. Remind your customer that as well as looking after her newborn, she needs to be taking care of herself too.

Your new mum will have different nutritional needs, particularly if she is breast feeding too. As well as eating a well-balanced diet, taking specific vitamins and minerals may help energetic mums to stay healthy and support vitality. The demands of motherhood make it essential that your customer has the right nutrients to maintain energy levels and support their immune system



SELF-HELP TIPS

As well as taking a supplement that contains these vitamins and minerals, you could recommend your customer follows these self-help tips to alleviate the pressures of motherhood.

- Take time for yourself
- Exercise as often as possible (30 minutes five times a week is recommended). This could be routine, daily activities such as walking or taking the stairs instead of the lift
- Relieve stress and pressure with activities such as yoga
- Eat a healthy and well-balanced diet.

Essential nutrients for this time

Vitamin B1 is used in the production of energy from food.

Vitamin B2 contributes to the release of energy from food.

Vitamin B6 is useful, particularly for new mums as it allows the body to use and store energy from the protein and carbohydrates that we eat. It also helps to form haemoglobin (which carries oxygen around the body). B6 also contributes to a healthy immune system.

Vitamin B12 helps to make red blood cells, maintain a healthy nervous system and to release energy from food.

Vitamin E acts as an antioxidant to help protect cell membranes. It is also needed for healthy red blood cells.

Iron has a number of functions within the body including helping to make red blood cells that carry oxygen around the body. It also contributes to normal energy production.

Zinc is needed for a healthy immune system. Specifically, it is used by the body to make new cells and enzymes, process protein, carbohydrates and fats from the food that we eat and helps in the healing of wounds.

Co-enzyme Q10 is present in all cells where it plays a role in the production of energy.

Probiotic cultures contribute to the body's immune defences.



Supplements that contain these nutrients in one, simple product could be recommended. **See the product fact file on page 10 for details.**





Maintaining balance for emotional harmony & physical wellbeing

●●● customer scenario

A young woman explains to you that she often feels emotionally and physically different at certain times of the month. She also suffers from heavy periods.

The first thing you can do to help this customer is to explain that it is perfectly normal, and common, for women to feel this way. A woman's monthly cycle takes approximately one month to complete with menstruation (a woman's period) occurring at the end of the cycle. Leading up to menstruation many women suffer from a condition known as premenstrual syndrome (PMS) or tension (PMT). Some of the most common symptoms are:

- Irritability and feeling bad tempered
- Fluid retention and feeling bloated
- Mood swings
- Feeling upset or emotional
- Difficulty concentrating
- Tiredness.

Most women will experience a few symptoms each month, which may differ over time and may vary in severity. The cause of PMS is not known, but many factors contribute to the symptoms. The monthly cycle is controlled by the sex hormones – oestrogen, progesterone, follicle stimulating hormone and luteinising hormone. The rise and fall of these hormones is thought to be the biggest contributing factor to PMS.

Low levels of vitamins and minerals may also make symptoms worse. Many women find that supplements are helpful in easing their symptoms too.

Essential nutrients

Vitamin A helps to strengthen our immune systems and is needed for healthy vision.

Vitamin D helps to maintain healthy bones and teeth.

Vitamin E may help to ease stomach cramps and breast tenderness.

Vitamin C helps to protect cells and keep them healthy, helps the body to absorb iron from food and is needed for a healthy nervous system.

Thiamin works with other B vitamins to help the body break down food in order to convert it into energy. It is needed for the normal function of the heart and the nervous system.

Riboflavin is needed to help the body absorb iron from food.

Niacin is needed for the normal release of energy from food.

Vitamin B6 is needed for a healthy immune system and may also improve overall symptoms of PMS, particularly premenstrual depression.

Folic acid is one of the B vitamins that is important for healthy blood formation.

Vitamin B12 helps to maintain a healthy nervous system and helps to release energy from food.

Pantothenic acid is a B vitamin needed to help release energy from food.

Calcium helps to build strong bones and teeth. It also regulates muscle contraction, including the heartbeat, and makes sure blood clots normally.

Iron may be useful for women who have heavy periods due to more blood loss.

Magnesium is needed for normal nerve and muscle function. It may also help to reduce fluid retention, bloating and breast tenderness (all symptoms of PMS).

SELF-HELP TIPS

- Eat smaller meals more frequently
- Drink lots of water (six to eight glasses per day)
- Eat lots of complex carbohydrates
- Avoid caffeine and alcohol
- Eat plenty of fruit and vegetables
- Exercise for 30 minutes at least five times a week
- Gamma-linolenic acid supplements (e.g. evening primrose oil) may also be helpful.



There are products available that contain all these vitamins and minerals and are specially formulated to help maintain a healthy nutritional balance throughout the monthly cycle and to support women's wellbeing throughout the month. See the product fact file on page 11 for details.



Boosting radiance for healthy skin

●●● customer scenario

A woman in her early 30s comes to you for advice. She always spends money on beauty products but wants to know what she can do to boost healthy skin from within.

All women want to look and feel good and many women will spend time and money on beauty products such as moisturisers, serums, night creams, lotions and potions, but many forget that the key to looking and feeling good starts with good nutrition.

The skin is made up of two main layers – the epidermis and the dermis.

The epidermis is the top layer of skin. It is constantly renewing itself as dead skin cells are shed throughout the day. Its main function is protection.

The dermis layer sits underneath the epidermis. It is made up of tough connective tissue and contains complex structures such as sweat glands, oil glands, hair follicles, blood vessels, nerves and muscles. This layer is primarily made up of collagen and elastin fibres. All these components play a part in how the skin looks and feels.

The skin is affected by external factors, which often cannot be avoided. These can all produce visible signs on the skin such as dehydrated, dry skin, wrinkles and a lack of radiance.

Essential nutrients

Zinc helps to make new cells and is part of many enzymes.

Niacin helps to convert food into energy and keep body systems healthy.

Vitamin C helps to protect cells and keep them healthy.

Vitamin A helps maintain the health of the skin.



Pollution – chemical pollutants in the air can interfere with the skin's natural protection system, breaking down the oils that trap moisture in the skin and keep it supple.

Smoking – nicotine causes the blood vessels to get smaller, which decreases the amount of oxygen and nutrients that reach the cells. It also breaks down the collagen fibres in the dermis.

Stress – stress hormones stimulate increased oil production.

Alcohol – drinking alcohol causes the blood vessels to dilate.

UV damage – our skin is exposed to UV radiation from the sun every day. The sun's UVA and UVB rays penetrate the skin causing the collagen fibres to break down.

These factors produce free radicals, which attack the skin in a process known as oxidation. The body has its own antioxidant system to defend the skin by neutralising free radicals. However, this defence system deteriorates with age, causing the signs of ageing and a loss of skin radiance.

Skin can start to lose its youthful appearance and radiance due to a reduction in cell renewal in customers as young as 30.

You should advise this customer to limit her exposure to these damaging external factors and look at her nutritional intake. Good nutrition can help to keep skin healthy and radiant by providing it with the essential vitamins and minerals needed to help boost that youthful glow.



Some supplements also contain grapeseed oil and linseed oil, which are thought to help maintain the health of the skin. You could recommend supplements to this customer to ensure she has a daily amount of these nutrients. See the product fact file on page 11 for details.



Promoting healthy bones for support during the menopause

●●● customer scenario

A woman comes into the pharmacy with a prescription for HRT, she has also heard that certain vitamins and nutrients could maintain her health during the menopause. What could you do to help her?

The menopause is a poignant stage of a woman's life and is marked physically by the end of menstruation (when a woman's periods stop). This occurs due to falling levels of oestrogen. In the UK, the average age for women to reach menopause is 52. As a woman progresses into this stage of life, her body goes through another set of emotional and physical changes. Menopause can cause several symptoms such as hot flushes, depression, irritability, sleeplessness and more. In the UK, approximately eight out of 10 women will experience symptoms leading up to the menopause.

After the menopause, women are at an increased risk of osteoporosis (a condition that causes the bones to become brittle and weak) and bone fracture. Loss of bone density and osteoporosis are natural conditions to occur when ageing, but the loss of oestrogen accelerates the process in post-menopausal women. This means it is particularly important for women to look after their bones as they approach the third stage of their lives.

You can advise this customer that nutrition is a good starting point to help look after her bones.

Essential nutrients at this time

Calcium has a number of functions within the body including maintaining strong, healthy bones.

Magnesium helps the parathyroid gland work normally, as it produces hormones that are important for bone health.

Phosphorus helps to build strong bones and is needed for a healthy and normal bone structure.

Vitamin K is needed for the normal structure of bones.

Vitamin D is needed for the absorption and regulation of calcium and phosphorus in the body.

Boron is thought to help the body make use of glucose, fats, oestrogen and other minerals such as calcium, copper and magnesium from the food that we eat.

Copper contributes to the normal structure of connective tissue such as in the bones.

SELF-HELP TIPS

There are several self-help tips that you can recommend to women who are approaching the menopause or who are experiencing symptoms:

- Take regular exercise (but not late in the day)
- Wear light clothing
- Keep the bedroom cool at night
- Try to reduce stress levels
- Go to bed at the same time every night
- Get plenty of rest
- Try relaxation exercises such as yoga
- Eat calcium-rich foods.

You could recommend that this customer takes a supplement containing essential nutrients that helps to maintain healthy and strong bones throughout the stages of a woman's life. See the product fact file on page 11 for details.



Pharmacy assistants should complete these multiple choice questions and mark their answers on the reply paid answer card attached to the back of this booklet. Send back your answers to receive your Certificate of Achievement.

1. Which of the following is a fat-soluble vitamin?
a. B1
b. Folic acid
c. D
d. C

2. Folate is essential for healthy:
a. Neural tube development
b. Nervous system development
c. Immune system development
d. Placenta development

Testing your knowledge for pharmacy assistants

3. If a woman is thinking of conceiving she should take:
a. 100mcg folic acid
b. 200mcg folic acid
c. 300mcg folic acid
d. 400mcg folic acid

4. Symptoms of PMS include:
a. Irritability and feeling bad tempered
b. Mood swings
c. Fluid retention
d. All of the above

5. Riboflavin (vitamin B2) is needed:
a. For the normal release of energy
b. To help release energy from food
c. To help the body absorb calcium from food
d. To help the body break down food

6. Which one of the following is NOT essential for radiant skin:
a. Zinc
b. Vitamin K
c. Vitamin C
d. Niacin

7. The menopause occurs due to:
a. Falling levels of folic acid
b. Falling levels of vitamin K
c. Falling levels of oestrogen
d. Falling levels of calcium

8. Magnesium makes sure which gland works normally?
a. Thyroid
b. Sebaceous
c. Parathyroid
d. Adrenal

9. After the menopause it is important women look after:
a. Their bones
b. Their skin
c. Their hair
d. Their eyes

10. A good source of vitamin C is:
a. Red meats
b. Plant oils
c. Dairy products
d. Fruit and vegetables

ACTIVITY

Using the products stocked in your pharmacy and the information in this guide complete the following table.

Type of customer	Product you could recommend	Directions for use	Other help and advice
Mum with three children all under the age of five			
Woman who is planning a pregnancy			
Lady who has just celebrated turning 55			
Young lady who is buying medication for painful periods			
A lady who regularly purchases skincare products			

Continuing professional development for pharmacists & technicians

Using this guide may act as a trigger for continuing your professional development (CPD). It will refresh and update your knowledge on vitamins, minerals and supplements that may be required during women's different life stages. The following questions may help to prompt you in thinking about other related CPD requirements.

Reflect: Do I understand the functions of the different vitamins? Is my product knowledge up-to-date?

Plan: For each life stage of a woman, is there any further information I need to improve my knowledge?

Act: Ensure all members of the pharmacy team have completed the training on Seven Seas Femibion and know when to refer customers to the pharmacist for further advice?

Evaluate: Will this training help me to review the range of supplements stocked in my pharmacy?

RPSGB competences

G1d: Taking a patient-centred approach.

G1q: Promoting health and healthy lifestyles.

C2c: Creating and making use of opportunities to encourage healthy lifestyles.

Don't forget to record your CPD on www.uptodate.org.uk





femibion[®] product fact file

HEALTH FOR WOMEN

These pages are not covered by the NPA Training Seal.



Femibion Healthy Pregnancy

KEY POINTS:

- Prenatal care for mums and for the support of normal baby development before and during pregnancy
- For improved folate availability.

NUTRITION INFORMATION:

Folate
Folic acid
Vitamin B1
Vitamin B2
Vitamin B6
Vitamin B12
Biotin
Niacin
Pantothenic acid
Vitamin E
Vitamin C
Iodine
DHA

DIRECTIONS FOR USE:

Take one tablet and one capsule per day with a cold drink.

WARNINGS:

Women who are pregnant or planning a pregnancy should consult their doctor before taking vitamin or mineral supplement.



Femibion Energetic Mum

KEY POINTS:

- For energetic mums – immune system support to help stay healthy and support vitality
- Can be taken while breast feeding and for as long as required after childbirth.

NUTRITION INFORMATION:

Vitamin B1
Vitamin B2
Vitamin B6
Vitamin B12
Vitamin E
Iron
Zinc
Co-enzyme Q10
Probiotic cultures

DIRECTIONS FOR USE:

Take one tablet per day with a cold drink.

WARNINGS:

Women who are pregnant or planning a pregnancy should consult their doctor before taking vitamin or mineral supplement.



Femibion Balance

KEY POINT:

- Helps support women's wellbeing throughout the month.

NUTRITION INFORMATION:

Vitamin A
Vitamin C
Vitamin E
Vitamin D
Vitamin B1
Vitamin B2
Vitamin B6
Niacin
Folic acid
Vitamin B12
Pantothenic acid
Calcium
Magnesium
Iron
Zinc
Copper
Selenium
Chromium
Iodine

DIRECTIONS FOR USE:

Take two tablets per day with a cold drink.

WARNINGS:

Women who are pregnant or planning a pregnancy should consult their doctor before taking vitamin or mineral supplement.



Femibion Radiance

KEY POINT:

- A range of vitamins for good health and healthy skin.

NUTRITION INFORMATION:

Vitamin C
Niacin
Vitamin B6
Folic acid
Biotin
Pantothenic acid
Zinc
Grapeseed oil
Linseed oil

DIRECTIONS FOR USE:

Take one capsule a day with a cold drink.

WARNINGS:

Women who are pregnant or planning a pregnancy should consult their doctor before taking vitamin or mineral supplement.



Femibion Healthy Bones

KEY POINTS:

- Helps maintain healthy and strong bones through the stages of a woman's life
- Each tablet contains more calcium than a pint of a milk.

NUTRITION INFORMATION:

Vitamin D
Vitamin K
Calcium
Phosphorus
Magnesium
Copper
Boron

DIRECTIONS FOR USE:

Take two tablets per day with a cold drink.

WARNINGS:

Women who are pregnant or planning a pregnancy should consult their doctor before taking vitamin or mineral supplement.



No part of this publication may be reproduced without the written permission of the publishers, Seven Seas in association with CIG Healthcare Partnership. © CIG Healthcare Partnership, Linen Hall, 162-168 Regent Street, London W1B 5TB. For references please contact CIG Healthcare Partnership.



BUSINESS REPLY SERVICE
LICENCE No
RRHA-UXZU-HURY

BUSINESS REPLY SERVICE
LICENCE No
RRHA-UXZU-HURY

Femibion Training
The Sales Department
Freeport HU42
Seven Seas Ltd
Hedon Road
Hull
HU9 5BR

Femibion Training
The Sales Department
Freeport HU42
Seven Seas Ltd
Hedon Road
Hull
HU9 5BR