

Helping to ensure a healthy pregnancy for healthy baby development



From  introducing...

femibion[®]
HEALTH FOR WOMEN

The **NEW** Women's Health range for every stage of your life, have developed Femibion Healthy Pregnancy with **METAFOLIN**[®]



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.

The Importance of Folates Before and During Pregnancy.

The UK Government's chief medical officer advises that all women planning a pregnancy take 400 micrograms of folates daily before conception until at least the 12th week of pregnancy.

Seven Seas have developed Femibion Healthy Pregnancy with this in mind.

Femibion Healthy Pregnancy helps to build folate levels, which contribute to the normal growth of the unborn baby. Femibion Healthy Pregnancy contains folic acid and Metafolin[®] (Calcium-L-Methylfolate), a combination which is more readily utilised by the body than folic acid alone.

What is Metafolin[®] and Why Recommend?

The body needs to metabolise folic acid into calcium-L-methylfolate 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 good folate supply during pregnancy.

Metafolin[®] is the natural form of folate that the body uses.

Healthy Pregnancy also contains essential vitamins and nutrients including omega-3 DHA, B vitamins, vitamin C and E and iodine for mother and baby.