



## NEOLACT MUM PREGNANCY

The extra vitamins, minerals and Omega-3 fatty acids that complement you during your pregnancy.



## Features

**Neolact Mum Pregnancy** contains FOLIC ACID, the nutrient every woman needs before their pregnancy.

**NEOLACT MUM PREGNANCY** provides 400 µg of folic acid in each capsule. A supplementary intake of 400 µg of folic acid at least 1 month before conception and up to 3 months after it increases the maternal folate level.

A low amount of maternal folate is a risk factor for neural tube defects in the developing foetus. In addition, folates help reduce tiredness and fatigue and contribute to the growth of maternal tissues during pregnancy, to the synthesis of amino acids and to the formation of blood cells.

**DHA: NEOLACT MUM PREGNANCY** provides 200 mg of this Omega-3 polyunsaturated fatty acid per capsule. Maternal intake of this amount of DHA\* contributes to the normal development of the eyes of both the foetus and those of the breastfed infant.

\*In addition to the recommended daily intake of omega-3 fatty acids for adults, which is 250 mg of DHA and EPA (eicosapentaenoic acid).



**NEOLACT MUM PREGNANCY** also contains other vitamins and minerals that are important for one's health and that complement a balanced diet and healthy lifestyle.

**VITAMIN C:** contributes to the normal functioning of the immune system and improves the absorption of iron. This vitamin also has an antioxidant effect, which contributes to the protection of cells against oxidative damage. It is also involved in multiple metabolic processes, as well as the formation of collagen necessary for the normal functioning of teeth, gums, bones, cartilage, skin and blood vessels.

**IRON:** is an essential component of haemoglobin and contributes to the normal formation of red blood cells and the normal transport of oxygen in the body.

**ZINC:** contributes to normal fertility and normal reproduction.

**IODINE:** It is an important mineral for the production of thyroid hormones and for normal thyroid function.

**Neolact Mum** vitamins for pregnancy has been exclusively developed under the recommendations of nutritional experts to provide key nutrients for women during preconception, pregnancy and breastfeeding age. It is produced in Spain under stringent safety and quality standards of production.

## Ingredients

**Fish** oil, gelling agent (bovine gelatine), vitamin C (L-ascorbic acid), iron (ferrous fumarate), niacin (nicotinamide), zinc (zinc oxid), vitamin B<sub>12</sub> (cyanocobalamin), vitamin B<sub>6</sub> (pyridoxine hydrochloride), riboflavin, vitamin A (retinyl palmitate), iodine (potassium iodate), folic acid (pteroylmonoglutamic acid), vitamin D (cholecalciferol), biotin (D-biotin), humectant (sorbitol, glycerol), thickeners (fatty acid monoglycerides and diglycerides, yellow beeswax), emulsifier (sunflower lecithin), colours (iron oxide red, iron oxide black).

Contains **FISH** products.

## Nutrition Information

| NUTRITION INFORMATION |                      |        |
|-----------------------|----------------------|--------|
|                       | Per Dose (1 capsule) | % NRV* |
| Vitamin A             | 200 µg ER            | 25     |
| Vitamin D             | 2.5 µg               | 0      |
| Vitamin C             | 80 mg                | 100    |
| Riboflavin            | 1.4 mg               | 100    |



|                         |        |     |
|-------------------------|--------|-----|
| Niacin                  | 16 mg  | 100 |
| Vitamin B <sub>6</sub>  | 1.4 mg | 100 |
| Folic acid              | 400 µg | 200 |
| Vitamin B <sub>12</sub> | 2.5 µg | 100 |
| Biotin                  | 50 µg  | 100 |
| Iron                    | 10 mg  | 71  |
| Zinc                    | 5 mg   | 50  |
| Iodine                  | 150 µg | 100 |
| DHA**                   | 200 mg | -   |
| EPA***                  | 40 mg  | -   |

\* NRV: Nutrient Reference Values (Delegated Reg. EU 1169/2011)

\*\* DHA: Docosahexaenoic acid

\*\*\* EPA: Eicosapentaenoic acid

## Dosage

Take 1 soft gel capsule of **Neolact Mum** a day with water, preferably with food.

Do not exceed the recommended daily dose indicated. It is important to maintain a varied and balanced diet and a healthy lifestyle. Food supplements should not be used as a substitute for a varied diet. It is recommended to consult a health professional about the need for its use.

Keep out of reach of young children.

Store tightly closed in a cool, dry place.

## Formats

Pack of 30 soft gel capsules.