

Folio[®]



In compliance with scientific recommendations^{1,2,3}, **Folio**[®] contains folic acid, vitamin B₁₂, vitamin D₃ and iodine in one tablet.

Vitamin B₁₂ is added to the preparation because of the increasing number of vegetarians and vegans. An adequate supply of this vitamin is important because folic acid and vitamin B₁₂ are interdependent in the methylation cycle in the conversion of homocysteine to methionine.

For those who for medical reasons (overt hyperthyroidism) cannot take in additional iodine, **Folio**[®] iodine-free is available.

With the **Folio**[®] products, the requirements and demands of the Federal Institute for Risk Assessment⁴, the German Society of Nutrition⁵, the working group folic acid and health⁶ and the working group iodine deficiency⁷ are complied with for a folic acid-iodine combination preparation for the prevention of neural tube defects, congenital heart defects, lip, jaw, and cleft palate, malformations of the urinary tract and to reduce the incidence of goiter in newborns.

PACKAGE SIZE AND PRICES

Folio[®]

- 90 tablets (click dispenser) = € 8,00*
- 100 tablets (blister) = € 8,60*
- 120 tablets (click dispenser) = € 9,40*

Folio[®] iodine-free

- 90 tablets (click dispenser) = € 7,90*
- 100 tablets (blister) = € 8,40*
- 120 tablets (click dispenser) = € 9,20*

*Recommended Retail Price (RRP)

COMPOSITION

Folio®		Folio® iodine-free	
Nutrients	Per tablet	Nutrients	Per tablet
Folic acid (B ₉) Iodine Vitamin D ₃ Vitamin B ₁₂	400 µg 150 µg 20 µg (800 I.U.) 9 µg	Folic acid (B ₉) Vitamin D ₃ Vitamin B ₁₂	400 µg 20 µg (800 I.U.) 9 µg
Ingredients: Bulking agents: Cellulose and Calcium hydrogen phosphate; Glucose; Coating agent: Hydroxypropyl methylcellulose; Anti-caking agent: Magnesium salts of fatty acids; Pteroylmonoglutamic acid (folic acid); Potassium Iodide; Cholecalciferol (vitamin D ₃); Cyanocobalamin (vitamin B ₁₂)			
Folio® iodine-free contains no potassium iodide and not the excipient glucose.			

The mini-tablets are free from nanoparticles, lactose, fructose, gluten, preservatives, colourings and flavourings as well as animal ingredients.

Dietary supplements. Made in Germany.

APPLICATION

From the 13th week of pregnancy until the end of breastfeeding, take a mini-tablet once a day, unchewed, with some liquid to a meal or a snack.

STORAGE

Please keep the tablets dry, not above 25 ° C and inaccessible to young children.

Visit www.steripharm-export.com for more information and free services.

Literature

- 1 Czeizel A.E., Dudás I., Méténei J.: Pregnancy outcomes in a randomised controlled trial of periconceptual multivitamin supplementation. Arch Gynecol Obstet 1994, 255: 131-139
- 2 Czeizel A.E. et al.: Vitamin supply in pregnancy for prevention of congenital birth defects. Curr Opin Clin Nutr Metab Care 2011, 14:291-295
- 3 A. Ströhle, A. Hahn: Vitamin D in der Schwangerschaft. MMP 39: Jahrgang 5 / 2016
- 4 Bundesinstitut für Risikobewertung: „Jod, Folat / Folsäure und Schwangerschaft“. 2014
- 5 Deutsche Gesellschaft für Ernährung: Referenzwerte für die Nährstoffzufuhr. 2016
- 6 Arbeitskreis Folsäure und Gesundheit: Konsensuspapier „Gesundheitliche Bedeutung der Folsäurezufuhr“. 2004
- 7 Arbeitskreis Jodmangel: „Jodmangel und Jodversorgung in Deutschland“. 5. Auflage, 2016