

# Nausema®



**Nausema®** contains the B-vitamins B<sub>6</sub>, B<sub>1</sub> and B<sub>12</sub>. These vitamins help the pregnant women to cope easier with initial physical and mental changes.

Here, the higher dose of **vitamin B<sub>6</sub>** is of particular importance: it contributes to the regulation of hormone activity and reduces the effect of excess hormones<sup>1,2</sup>.

**Vitamin B<sub>6</sub> and B<sub>12</sub>** support the normal functioning of the immune system and the formation of red blood cells. They also reduce fatigue and exhaustion.

Vitamin B<sub>1</sub>, B<sub>6</sub>, and B<sub>12</sub> help the normal energy metabolism and the functions of the nervous system.

Medical studies have shown that a deficit of vitamin B<sub>6</sub> may cause nausea. B-vitamins are water-soluble vitamins and hence easily eliminated by the organism, which can lead to a deficit. In combination with vitamins B<sub>1</sub> and B<sub>12</sub>, a vitamin B<sub>6</sub> supplement at a higher concentration enables to significantly reduce the symptoms in a few days.

## PACKAGE SIZE AND PRICES

**Nausema®** 60 coated tablets = € 8,40\*

\*Recommended Retail Price (RRP)

## COMPOSITION

Nutrients	Per coated tablet	Daily recommendation
Vitamin B <sub>6</sub>	7 mg	21 mg
Vitamin B <sub>1</sub>	2 mg	6 mg
Vitamin B <sub>12</sub>	4 µg	12 µg

**Ingredients:**  
Bulking agent: microcrystalline Cellulose, Sucrose, Pyridoxine hydrochloride (vitamin B<sub>6</sub> ); Anti-caking agent: Talcum;  
Coating agent: Hydroxypropyl methylcellulose; Thiamine mononitrate (vitamin B<sub>1</sub> ); Anti-caking agents: Silica, Glucose syrup; Coating agent: Gum Arabic; Bulking agents: Calcium carbonate; Anti-caking agent: Magnesium salts of fatty acids; Coating agents: Stearic acid, Mono- and diglycerides of fatty acids; Cyanocobalamin (vitamin B<sub>12</sub> )

The coated tablets are free of lactose, gluten, preservatives, colorings and flavorings as well as animal ingredients.

**Dietary supplements. Made in Germany.**

## APPLICATION

Take a coated tablet three times daily with a small amount of fluid with meals.

## STORAGE

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

**Visit [www.steripharm-export.com](http://www.steripharm-export.com) for more information and free services.**

## Literature

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- 1 Vutyavanich T. et al.: Pyridoxin for nausea and vomiting of pregnancy: a randomized, double blind, placebo-controlled trial. Am J Obstet Gynecol 1995; 173: 881-4
- 2 Sahakian V. et al.: Vitamin B6 is effective therapy for nausea and vomiting of pregnancy: arandomized, double blind, placebo-controlled study. Obstet Gynecol. 1991; 78:33-36