

# Nausema®

Many women unfortunately experience in early pregnancy the so-called morning sickness (nausea gravidarum), which sometimes can take a more severe form (hyperemesis gravidarum).

**Nausema®** was specially conceived in order to help relieve these troubles. It is not a drug but a dietary supplement combining three B-vitamins: B<sub>6</sub> (pyridoxine), B<sub>1</sub> (thiamin) and B<sub>12</sub> (cobalamin).

## Nausea and emesis during pregnancy

The causes of nausea during pregnancy are not fully understood yet. However some factors such as the level of the human chorionic gonadotropin (HCG) hormone and of oestrogen seem to play a certain role.

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 quickly lead to a deficit.

In combination with vitamins B<sub>1</sub> et B<sub>12</sub>, a vitamin B<sub>6</sub> supplement at a higher concentration enables to significantly reduce the symptoms in few days.

Taking three tablets over the day provides you with the vitamins B<sub>6</sub>, B<sub>1</sub> and B<sub>12</sub> in the required amount for the desired effect. **Nausema®** thereby offers gentle and well-tolerated relief to ensure you feel completely comfortable during pregnancy. This is due to the following properties of the vitamins:

Vitamin B<sub>6</sub> assists in regulating hormonal activity. This is especially important at the start of pregnancy, during which a huge shift in the body's hormonal balance takes place — partly with excessive hormone production. Vitamin B<sub>6</sub> and B<sub>12</sub> help the immune system to function normally. Besides this, they support the normal formation of red blood cells. Pregnant women profit from this especially, as their blood volume increases by up to 50 % during the course of pregnancy.

## Sources of vitamins

- **Vitamin B<sub>1</sub>** (Thiamin): fish, meat, pulses, cereals and nuts.
- **Vitamin B<sub>6</sub>** (Pyridoxin): fish, meat, fruits and vegetables, cereals, milk and cheese.
- **Vitamin B<sub>12</sub>** (Cobalamin): fish, meat, in less quantities milk and eggs.

## Composition

Nutriments	per tablet	per daily intake	%NRV*
Vitamin B <sub>6</sub>	7 mg	21 mg	1500
Vitamin B <sub>1</sub>	2 mg	6 mg	545
Vitamin B <sub>12</sub>	4 µg	12 µg	480

\* % of nutrient reference values in the EU.

**Dosage:** Take three times over the day one tablet with liquid during mealtime. Do not exceed the daily intake.

**Storage and cautions:** do not store not above 25°C. Keep out of reach of children.

## Ingredients

Bulking agent: microcrystalline Cellulose; Saccharose; Pyridoxine hydrochloride (vitamin B<sub>6</sub>); Anti-caking agent: Talcum; Thiamine mononitrate (vitamin B<sub>1</sub>); Bulking agent: Calcium carbonate, Powdered cellulose; Coating agent: Hydroxypropyl methylcellulose; Stabilizer: Gummi arabicum; Anti-caking agent: Silicon dioxide; Coating agent: Glucose syrup; Anti-caking agent: Magnesium salts of fatty acids; Coating agent: Stearic acid; Emulsifier: Mono- and diglyceride of fatty acids; Cyanocobalamin (vitamin B<sub>12</sub>)

**Free of lactose, gluten, preservatives, colorants and flavor as well as animal constituents.**

Product ID code (GLN) : 4 260139 87023 3 (60 tablets)

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