

## The Folio® Product line

specially formulated for pregnant women, those planning to conceive and breastfeeding mothers.

There are regions in the world with an iodine deficiency. In these regions, thyroid disorders occur more frequently not only in adults but also in children, which can manifest in a goiter, a short stature or lack of mental development.

Equally important for the development of the foetus is an adequate intake of folic acid, which is needed for the increased metabolism and also for the fusion of various growth plates. Deficiencies can result in an open back (spina bifida) and other malformations as in the urogenital area or cleft lip and palate.

For the healthy development of a child a balanced diet of the pregnant women is the most important requirement. Because the natural need for iodine and folic acid during pregnancy is about twice as high as usual, a supplementary intake of these substances is very useful even outside of iodine deficiency regions to lower the risk of the related health problems for the newborn.

The need for iodine and folic acid is increased during pregnancy and lactation because the expectant mother and the developing child have an increased metabolism. The iodine intake of the unborn and the newborn child solely depends on the intake of the mother.

If you're trying to have a baby or already pregnant, the adequate intake of folic acid, vitamin B<sub>12</sub> and iodine is really essential.

With Folio® you can facilitate an optimal intake of these important micronutrients for you and your baby - from preconception all the way through to breastfeeding.

Iodine-free alternatives are also available for women for whom additional iodine in their diet is not advised.



**Note: Food supplements are intended to supplement a normal diet and may not replace it.**

It cannot be emphasised enough: Your diet and nutrition during both pregnancy and breastfeeding play an important role in the optimal development of your baby.

Whilst your calorie requirement will increase only moderately, your need for vitamins and minerals will be considerably higher during this period.

**A healthy and balanced diet consists of plenty of fresh fruit and vegetables, dairy and whole-meal products, nuts as well as occasional fish, meat and eggs. Avoid raw dairy products, raw meat and raw fish.**

However, even if you eat a healthy diet, it might still be difficult to meet these increased nutritional needs through diet alone, especially for nutrients such as folic acid, vitamin B<sub>12</sub> and iodine.

It is therefore recommended to take a preconceptional supplement to help cover any nutritional gaps.



**Alcohol and nicotine are strongly advised against during pregnancy.**

### Folic acid

Folic acid (vitamin B<sub>9</sub>) belongs to the group of watersoluble B-vitamins and is the synthetic form of folate, which occurs naturally in food. Worth knowing: the bioavailability of folate is about 50% lower than of folic acid.

Folic acid is especially important for women who want to conceive, are pregnant, and are breastfeeding, as this vitamin plays a role in the process of cell division and the growth of maternal tissue. It is important for the baby as well since about 100 billion new cells develop from the zygote.

Adequate maternal supply with folic acid right from the beginning of the pregnancy is necessary in order to contribute to the complete closure of the embryonic neural tube. Later, the central nervous system, the spinal cord and the brain of the foetus will develop from this neural tube.

This happens within the first 3-4 weeks of pregnancy – at a time when most women do not even know that they are pregnant.



## Why are folic acid, vitamin B<sub>12</sub> and iodine of such importance?

Start with the intake of dietary folic acid as soon as you plan to conceive.

**By the way:** You will also benefit in other ways from folic acid: it supports the immune system, regulates the homocysteine blood level and is characteristically known to reduce fatigue.

### How much folic acid should be taken in and when?

According to several international health organisations all women likely to become pregnant and women in early pregnancy should take 400 micrograms (µg) folic acid daily before pregnancy and throughout the first 12 weeks, even if they are already eating foods fortified with folic acid or rich in folate.

### Sources of folic acid:

Green salad, broccoli, spinach, tomatoes, cereals, pulses, yeast, eggs and nuts are good sources of folate.



**Vitamin B<sub>12</sub> (cobalamin)**, another B-group vitamin, also plays an important role for the immune system and the formation of blood cells. Furthermore, it is an essential vitamin for the nervous system and the energy balance. It works hand in hand with folic acid.

The need of vitamin B<sub>12</sub> is exclusively covered by the consumption of food of animal origin. For all those on a vegetarian/vegan diet or who eat little meat, the supply with this vitamin may prove to be difficult.

Folio® with vitamin B<sub>12</sub> has been developed to meet these specific needs.

**Important:** make sure you have an adequate intake of both vitamins.

### Sources of vitamin B<sub>12</sub>:

Fish, meat and to a minor degree dairy products and eggs contain vitamin B<sub>12</sub>.



## Why are folic acid, vitamin B<sub>12</sub> and iodine of such importance?

**Iodine** is a vital mineral our body needs for the production of thyroid hormones. These hormones control the growth and the development of all organs, the nervous system, the brain, the muscles and the skeleton. Furthermore, iodine contributes to maintain your skin healthy and to regulate the energy balance.

**Did you know?** Your child's thyroid gland starts to produce its own hormones from as early as the 12th week of gestation. It solely depends on your intake of iodine in your diet.

An appropriate supply with iodine during pregnancy and breastfeeding is essential for the vital functioning of the child's thyroid.

It is currently recommended that pregnant women and breastfeeding mothers take an iodine supplement of 150 micrograms (µg) of iodine per day.

In some cases, for example in thyroid disease, you will be advised against taking in any additional iodine in your diet.

Whether you choose Folio® with or without iodine or vitamin B<sub>12</sub>, our product line was created in 2006, and further developed since, to specifically meet the nutritional requirements of women who plan to conceive, are pregnant or are breastfeeding.



Take one tablet daily with water at mealtimes.

You can start taking Folio® as soon as your plan to conceive and should continue during pregnancy and breastfeeding.

The tablets come in a practical click dispenser which releases one tablet per push.

### Storage instructions

Store in a dry place (not in the bathroom or refrigerator!), not above 25°C and out of direct sunlight.

Keep out of reach of children.



- Women with thyroid disorders should seek medical advice from their doctor prior to taking Folio®.
- If you use hormonal contraception methods such as „the pill“, your daily requirement for folic acid is increased. In this case additional dietary supplementation is advised.
- People active in sports require more folic acid and iodine due to increased sweat production.
- Folio® with vitamin B<sub>12</sub>: Since no artificial colours are used, tiny speckles may be visible on the tablets. They result from the natural violet colour of the vitamin B<sub>12</sub>.

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