



You can make an important contribution to your health by eating a balanced diet and maintaining a healthy lifestyle. Sometimes however you need a nutritional supplement.

MomKidDad® is particularly recommended for women before and during pregnancy and breastfeeding. These are the phases in a woman's life when the right supply of B-vitamin, folic acid and the iodine mineral is particularly important.

Special attention should of course also be paid to a varied and balanced diet and a healthy lifestyle. It is however not always enough to eat and meet the body's significantly increased need for light-sensitive folic acid and the barely available iodine.

Taking **MomKidDad®** ensures that you and your baby absorb these nutrients in a balanced way.

INGREDIENTS

FOLIC ACID - the "pregnancy vitamin"

Folic acid (vitamin B9) is particularly important during pregnancy and breastfeeding because it plays an essential role in all cell division processes and in the growth of maternal tissue. Accordingly, it also plays a special role in the developing life of a fetus and should therefore, be available to a sufficient extent from the beginning of pregnancy. It is recommended that you start taking a folic acid supplement as soon as you want to get pregnant.

The other benefits of a sufficient supply of folic acid are active participation in the proper functioning of the immune system, improvement of a balanced homocysteine blood level and its contribution to the reduction of tiredness.

Sources: leafy greens (such as spinach, broccoli and lettuce), tomatoes, grains, yeast, eggs and nuts.

IODINE - the mineral

Iodine is a vital mineral that is needed to produce thyroid hormones. These hormones control the growth and development of all organs, nervous systems, brains, muscles and skeletons. In addition, iodine is an influential nutrient for healthy skin and balanced energy.

Sources: sea fish, shellfish and, but in smaller quantities, eggs and dairy products.

FOOD SUPPLEMENT

For women planning a family, pregnant and breast feeding mothers.

WHEN AND HOW LONG SHOULD MomKidDad® BE TAKEN?

MomKidDad® helps you to meet the increased need for folic acid and iodine before and during pregnancy and lactation. Since a breastfed newborn is only feed on the nutrients contained in breast milk, **MomKidDad®** should be taken before the end of breastfeeding.

CONTRAINDICATIONS: A woman with thyroid disease should consult a doctor before taking **MomKidDad®**.

COMPOSITION

Nutrients per tablet %NRV*

Folic acid 400 µg (200%)

Iodine 100 µg (67%)

* NRV - nutrient reference value according to Regulation (EU) No 1169/2011

DOSAGE: Take one tablet a day with plenty of water. Do not exceed the daily dose. Dietary supplements are not a substitute for a varied and balanced diet or for a healthy lifestyle. The tablets are delivered in a practical click dispenser that releases one tablet per print.

STORAGE AND CAUTIONS: In a dry place (not in a bathroom or refrigerator!) Protect from direct sunlight at a temperature below 25 ° C. Keep away from children.

INGREDIENTS:

Bulking agents: microcrystalline cellulose, hydroxypropyl cellulose; Anti-caking agents: polyvinyl pyrrolidone, silicon dioxide, magnesium salts of fatty acids; Pteroylmonoglutamic acid (folic acid); Potassium iodide; 30 tablets = 2,1 g net

FREE FROM LACTOSE, FRUCTOSE, GLUTEN, COLORS, FLAVORS AND NANOMATERIALS.



www.momkiddad.com

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MADE
IN GERMANY

