



You can in particular contribute to your health by eating a balanced diet and living healthy. However, sometimes you may need a nutritional supplement.

MomKidDad+® is mainly recommended before and during pregnancy and for women who are breastfeeding. The correct supply of B-vitamin folic acid, iodine, vitamin B12 and vitamin D3 is particularly important in this phase of life. Particular attention must be paid to a varied and balanced diet and to a healthy lifestyle during pregnancy and lactation. However, it is not always easy to cover the significantly increased need for light-sensitive folic acid and barely available iodine only with food. By taking **MomKidDad+®** you and your child can ensure a balanced intake of these nutrients.

INGREDIENTS

FOLIC ACID - the "pregnancy vitamin"

Folic acid (vitamin B9) is particularly important during pregnancy and lactation, as it plays an essential role in all cell division processes and in the growth of maternal tissue. Consequently, it also plays a special role in the emerging life and should be sufficiently available from the start of the pregnancy. Therefore, it is recommended to take a folic acid supplement as soon as you want to get pregnant.

Additional benefits of adequate folic acid supply are: active participation in the correct functioning of the immune system, improvement of a balanced homocysteine blood level and contribution to the reduction of tiredness.

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

VITAMIN B12 - the "facilitator vitamin"

Vitamin B12 (cobalamin) also plays an important role in the immune system and in blood formation. In addition, it is an essential vitamin for the nervous system and for regulating energy resources. Folic acid cannot do its job without vitamin B12. Both vitamins work hand in hand. Therefore, an adequate vitamin B12 level is just as important as an adequate supply of folic acid.

Sources: meat, fish and dairy products.

VITAMIN D3 - the "sunshine vitamin"

Unlike most vitamins, vitamin D is produced by your body when you expose your skin to the sunlight. Trivia, it actually works like a hormone. Vitamin D is important for strong bones because it helps the body use calcium and phosphorus from food. Vitamin D also plays a role in cell division and normal immune system function.

Sources: mainly self-production; Cod liver oil and fish.

IODINE - the mineral

Iodine is a vital mineral that is needed for the formation of thyroid hormones. These hormones control the growth and development of all organs, the nervous system, the brain, the

FOOD SUPPLEMENT

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

muscles and the skeleton. In addition, iodine is a critical nutrient for maintaining healthy skin and balanced energy resources.

Sources: sea fish, shellfish and, to a lesser extent, eggs and milk products.

WHEN AND FOR HOW LONG SHOULD MomKidDad+® BE TAKEN?

MomKidDad+® helps you to meet your increased need for folic acid and iodine before and during pregnancy and lactation.

Since breastfed newborn babies rely exclusively on the nutrients contained in breast milk, **MomKidDad+®** should definitely be taken until the end of breastfeeding.

CONTRAINDICATIONS

Women with thyroid disorders should consult a doctor before taking **MomKidDad+®**.

COMPOSITION

Nutrients per tablet%	% NRV*
Vitamin D3	10 µg 200%
Vitamin B12	4 µg 160%
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 intake.

Dietary supplements were not a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of the reach of small children.

The tablets are delivered in a practical click dispenser that releases one tablet per print.

STORAGE AND PRECAUTIONS: Store in a dry place (not in the bathroom or refrigerator!), not above 25°C and away from direct sunlight. Keep out of the reach of children.

INGREDIENTS:

Bulking agents: microcrystalline cellulose, hydroxypropyl cellulose; cholecalciferol; anti-caking agent: polyvinylpyrrolidone; cyanocobalamin; anti-caking agents: silicon dioxide, magnesium salts of fatty acids; pteroylmonoglutamic acid; potassium iodide. 30 tablets = 2,4g net

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

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GMBH

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IN GERMANY

