



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® PREMIUM is particularly recommended for women before pregnancy and up to the end of the first trimester.

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® PREMIUM** 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 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.

MomKidDad® PREMIUM contains a combination of folic acid and Metafolin®, where Metafolin® is a form of folate that can be directly absorbed by the body. It helps increase folate levels, which are essential for the healthy development of the baby.

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.

Iodine contributes to normal nervous system function and normal cognitive functions such as perception, attention, memory, learning, thinking, decision-making and language.

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

FOOD SUPPLEMENT

For women planning a family up to the end of 12th week of pregnancy

CONTRAINDICATIONS Women with thyroid disorders should consult a doctor before taking **MomKidDad® PREMIUM**

COMPOSITION

	Nutrients per tablet	% NRV*
Folic acid 800 µg (50% from Metafolin®**)	800 µg	400%
Iodine	100 µg	67%

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

** Logo Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany. Metafolin® is a source of folate that is already in an activated form and can be directly absorbed and used by the body.

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 PRECAUTIONS: 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 agent: microcrystalline cellulose; potassium iodine (iodine); anti-caking agent: silicon dioxide; Calcium-L-methylfolate (Metafolin®); anti-caking agents: magnesium salts of fatty acids; pteroylmonoglutamic acid (folic acid).

30 tablets = 2,1g net

- **FREE OF LACTOSE**
- **FREE OF GLUTEN**
- **FREE OF COLORANTS AND FLAVOR**
- **FREE OF GMO AND NANOMATERIALS**
- **CONTAINS NO ALCOHOL**

MomKidDad® PREMIUM is suitable for vegans.



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FOLIPHARM®
GMBH

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MADE
IN GERMANY

