



EGAO WOMEN PREGNANCY

Provides in each capsule the amount of Folic Acid necessary to increase the level of maternal folate.



Features

During the preconception, pregnancy and breastfeeding stages, the nutritional needs of women increase due to the changes occurring in their bodies, as well as the nutrients given to the baby for its development.

Egao Women Pregnancy formula contains maximum quality ingredients carefully selected to complement the nutritional needs women require during these stages, providing benefits for the mother and the baby.

It contains folic acid, a nutrient that all women need in the preconception stage and in the first months of pregnancy, since a supplementary intake of 400 µg of folic acid increases the maternal folate level, taking it at least 1 month before conceiving and up to 3 months after conception. A low amount of maternal folate is a risk factor for neural tube defects in the developing foetus.

The intake of 200 mg of DHA contributes to the normal development of the brain and eyes of both the foetus and breastfed infants.



For this beneficial effect, in addition to this amount, the recommended daily amount of omega 3 fatty acids for adults should be taken; that is, 250 mg of DHA and EPA.

Vitamin C is an antioxidant that contributes to protect cells against oxidative damage. It helps towards the normal functioning of the immune system and improves the absorption of iron. Vitamin C is also involved in the development of teeth and bones.

Egao Women Pregnancy contains minerals such as iron, that helps reduce tiredness and fatigue; zinc, that contributes to a normal fertility, and iodine, an essential mineral for the synthetization of thyroid hormones and key to the mental development and growth of the foetus.

Ingredients

Fish oil, gelling agent (bovine gelatine), vitamin C (L-ascorbic acid), iron (ferrous fumarate), niacin (nicotinamide), zinc (zinc oxid), vitamin B₁₂ (cyanocobalamin), vitamin B₆ (pyridoxine hydrochloride), riboflavin, vitamin A (retinyl palmitate), iodine (potassium iodate), folic acid (pteroylmonoglutamic acid), vitamin D (cholecalciferol), biotin (D-biotin), humectant (sorbitol, glycerol), thickeners (fatty acid monoglycerides and diglycerides, yellow beeswax), emulsifier (sunflower lecithin), colours (iron oxide red, iron oxide black).

Contains **FISH** products.

Nutrition Information

NUTRITION INFORMATION		
	Per Dose (1 capsule)	% NRV*
Vitamin A	200 µg ER	25
Vitamin D	2.5 µg	0
Vitamin C	80 mg	100
Riboflavin	1.4 mg	100
Niacin	16 mg	100
Vitamin B ₆	1.4 mg	100
Folic acid	400 µg	200
Vitamin B ₁₂	2.5 µg	100
Biotin	50 µg	100
Iron	10 mg	71
Zinc	5 mg	50
Iodine	150 µg	100
DHA**	200 mg	-
EPA***	40 mg	-

* NRV: Nutrient Reference Values (Delegated Reg. EU 1169/2011)

** DHA: Docosahexaenoic acid

*** EPA: Eicosapentaenoic acid



Dosage

Take 1 soft gel capsule of **Egao Women Pregnancy** a day with water, and preferably with food.

Do not exceed the recommended daily dose indicated. It is important to maintain a varied and balanced diet and a healthy lifestyle. Food supplements should not be used as a substitute for a varied diet. It is recommended to consult an independent healthcare professional about the need for its use.

Keep out of reach of young children.

Store tightly closed in a cool, dry place.

Formats

Pack of 30 soft gel capsules