

Nutrifem® Basic Complex



Our Nutrifem® Basic accompanies you through pregnancy and breastfeeding with high-quality nutrients—right from the start.

With two small capsules per day, you can easily consume valuable micronutrients – including high-dose vitamin B12, an innovative folic acid blend with two activated forms (Extrafolate-S® & Quatrefolic®), and a smart combination of iron bisglycinate and curry leaf extract. Choline – as a targeted alternative to inositol – as well as natural vitamin C from amla extract and an innovative zinc blend for your daily supply.

This pregnancy complex is a balanced combination of 13 vitamins, 6 minerals & trace elements, as well as choline and lutein – developed on the basis of the latest scientific findings.

Folate plays a central role here: it contributes to the growth of maternal tissue during pregnancy—an important support during this sensitive phase.*

Our Nutrifem® Basic Complex supplements your diet during pregnancy and breastfeeding with a broad spectrum of nutrients comprising 13 vitamins, 6 minerals, activated folic acid, choline, lutein, an innovative zinc blend, and natural vitamin C from amla extract.

- *Folate contributes to the growth of maternal tissue during pregnancy
- Folate contributes to normal amino acid synthesis and has a function in cell division
- Iron and vitamin C contribute to the reduction of tiredness and fatigue
- Iron contributes to normal red blood cell and hemoglobin formation
- Zinc supports normal fertility and reproduction

Bioavailable micronutrients in pure form

- No artificial colors or flavors
- Gluten-free
- Fructose-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Tested quality

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INGREDIENTS per daily dose	2 capsules	% NRV*
Vitamin C	120 mg	150
Niacin (mg NE)	18 mg	113
Vitamin E (mg alpha-TE)	12 mg	100
Pantothenic acid	9 mg	150
Vitamin B6 (activated)	3 mg	214
Riboflavin (vitamin B2)	2.4 mg	171
Thiamine (vitamin B1)	2.1 mg	191
Beta-carotene	2 mg	-
<i>corresponds to vitamin A (µg RE)</i>	<i>333 µg</i>	<i>42</i>
Folate (total)	800 µg	400
<i>as calcium-L-methylfolate (Extrafolate-S® Crystal) (activated)</i>	<i>400 µg</i>	<i>200</i>
<i>as 5MTHF-glucosamine (Quatrefolic®) (activated)</i>	<i>400 µg</i>	<i>200</i>
Biotin	150 µg	300
Vitamin B12	30 µg	1200
Vitamin D3	20 µg	400
Vitamin K2 (menaquinone-7)	15 µg	20
Iron	14 mg	100
Zinc	6 mg	60
Copper	0.75 mg	75
Manganese	0.75 mg	38
Iodine	200 µg	133
Selenium	35 µg	64
Choline	50 mg	-
Lutein	5 mg	-

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Amla extract (Phyllanthus emblica), hydroxypropyl methyl cellulose (capsule shell), choline hydrogen tartrate, iron blend (curry leaf extract, iron bisglycinate), bulking agent: powdered cellulose, potassium iodide, D-alpha tocopheryl acetate, zinc blend (zinc picolinate, zinc malate, zinc bisglycinate), lutein, nicotinamide, beta-carotene, calcium-D-pantothenate, sodium selenite, Menachinon, cholecalciferol, manganese gluconate, pyridoxal 5'-phosphate, thiamine mononitrate, copper bisglycinate, riboflavin, Vitamin B12 Blend (Methylcobalamin, Hydroxocobalamin, 5'-Desoxyadenosylcobalamin), folate blend (5MTHF-glucosamine, calcium L-methylfolate), D-biotin.

RECOMMENDED DOSAGE

2 capsules daily taken with a meal and plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

PACKAGE SIZE AND CONTENT

76 g, 180 capsules (3-month supply)

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INFORMATION

Food supplement: The stated recommended daily intake must not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. Information provided is not intended as a cure or self-medication. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Quatrefolic® and Extrafolate-S® Crystal are registered trademarks of Gnosis S.p.A. Possible printing and typesetting errors reserved.



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