

# Nutrifem® Mamma Mia - Pregnancy Care Package



This micronutrient package accompanies you from trying to conceive to breastfeeding. Also perfect as a thoughtful gift. Our Mamma Mia Box is available in a 3-month concept – ideally tailored to the individual stages of your pregnancy.

- Nutrifem® Basic with an activated folic acid blend (Extrafolate-S® Crystal & Quatrefolic®), choline, natural vitamin C from amla, iron from curry leaf extract and in the form of organic iron bisglycinate, as well as an innovative zinc blend of 3 compounds.
- The plant-based omega-3 comes entirely from algae oil (life's® OMEGA) – rich in DHA and EPA, completely fish-free
- Nutrifem® CalMagOcean provides calcium and magnesium from natural sources
- Vegan, high-quality, and well-tolerated—only the best for mom and baby
- Your comprehensive nutritional supply from trying to conceive to breastfeeding\*
- Supports your health with selected micronutrients and accompanies your baby's development\*

Health claims:

- \*The vitamin folic acid (folate) contained in this product contributes to the growth of maternal tissue during pregnancy
- \*Iron and vitamin C contribute to the reduction of tiredness and fatigue
- \*Calcium and magnesium contribute to the maintenance of normal bones, teeth, and muscle function
- \*Zinc supports normal fertility and reproduction.
- \*DHA contributes to normal brain and eye development in children during pregnancy and breastfeeding. For this effect, a sufficient intake of at least 200 mg of DHA in addition to the recommended daily amount of 250 mg of omega-3 fatty acids (DHA and EPA) through the mother's diet is necessary.
- According to the pure substance principle
- No colorants or flavorings
- Gluten-free
- Lactose-free
- Fructose-free
- Tested quality

**Biogena GmbH & Co KG**  
Strubergasse 24, A-5020 Salzburg, [biogena.com](http://biogena.com)

Part of the  Biogena Group

**Toll-free Infoline Austria:** T +43 662 23 11 11, [info@biogena.com](mailto:info@biogena.com)  
**Infoline Germany, Italy and International:** T +49 8654 774 00-0, [deutschland@biogena.com](mailto:deutschland@biogena.com), [italien@biogena.com](mailto:italien@biogena.com), [worldwide@biogena.com](mailto:worldwide@biogena.com)  
**Infoline Switzerland:** T +41 43 215 20 59, [schweiz@biogena.com](mailto:schweiz@biogena.com)

Online orders: [biogena.com](http://biogena.com)



INGREDIENTS per daily dose ( Nutrifem® Basic )	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 corresponds to vitamin A (µg RE)	2 mg 333 µg	- 42
Folate (total) as calcium-L-methylfolate (Extrafolate-S® Crystal) as 5MTHF-glucosamine (Quatrefolic®)	800 µg 400 µg 400 µg	400 200 200
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, 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, folate blend (5MTHF-glucosamine, calcium L-methylfolate), D-biotin.

INGREDIENTS per daily dose ( Nutrifem CalMagOcean® )	1 capsule	% NRV*
Calcium	200	25
Magnesium	100 mg	27

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## INGREDIENTS

Coral powder, hydroxypropyl methyl cellulose (capsule shell), bulking agent: powdered cellulose

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INGREDIENTS per daily dose ( Nutrifem® Omega-3 vegan )	1 capsule	% NRV*
Oil from microalgae Schizochytrium sp.	1000 mg	-

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## INGREDIENTS

DHA and EPA-rich oil from the microalgae Schizochytrium sp., Capsule shell (modified starch, humectant: glycerol), sunflower oil, antioxidants: extracts of rosemary, tocopherol-rich extract, ascorbyl palmitate.

## RECOMMENDED DOSAGE

Nutrifem® Basic: Take 2 capsules daily with plenty of liquid during a meal. Nutrifem CalMagOcean®: Take 1 capsule daily with plenty of liquid between meals. Nutrifem® Omega-3 vegan: From the beginning of pregnancy until the end of breastfeeding, take 1 capsule daily with plenty of liquid during a meal.

## NOTE

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

## PACKAGE SIZE AND CONTENT

Nutrifem® Basic 76 g 180 capsules

Nutrifem CalMagOcean® 100 g 90 capsules

Nutrifem® Omega-3 vegan 128 g 90 capsules

Food supplement: The recommended daily dosage should 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. The information provided here is not a statement on healing or a recommendation to self-medicate. Quatrefolic® and Extrafolate-S® Crystal are registered trademarks of Gnosis S.p.A. life's®OMEGA is a trademark of dsm-firmenich group. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version: 15.1.2026.



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