

Vinalacimmunitum

PREGNANCY AND BREAST-FEEDING

A balanced supply of vital substances and natural agents that boost the immune defence system of both mother and unborn child.

During pregnancy and breast-feeding, the normal diet of mothers - however balanced - is often inadequate in terms of providing vital nutritional elements. An additional supply of specific vitamins and minerals is just as important for the healthy development of the foetus as for the mother, during both pregnancy and the breastfeeding period.

VINALAC immunitum contains vitamins and minerals which are specifically recommended and accurately dosed to supplement the increased need for vital substances. Its formula, the most complete yet, contains 12 vitamins (provitamins A, B1, B2, B3, B5, B6, B12, C, D3, E, folic acid, biotin), as well as 9 minerals and trace elements (iron, magnesium, copper, manganese, zinc, selenium, chrome, molybdenum and iodine).

It also contains a low dose of ginger (*Zingiber officinale*) to prevent digestive problems associated with this type of product, to which pregnant women are particularly prone.

Furthermore, **VINALAC immunitum** is the first multivitamin/mineral supplement to include, in each capsule, 5 billion *Lactobacillus rhamnosus* HN001 probiotic lactic acid bacteria, capable of stimulating the natural immune defence system of both mother and baby.

Among the elements making up **VINALAC immunitum** - all of which are vital - some play a particularly important role:

Folic acid, when dosed correctly, protects against certain congenital malformations of the nervous system (*Spina bifida*). Its action, now recognised during the first six months of pregnancy (formation of the nervous system), is all the more effective when folic acid is taken before conception, thus creating adequate reserves of the substance within the mother.

Iron, or rather a lack of iron which causes anaemia in the mother, is a common problem during pregnancy and breast-feeding. As well as its protective anti-oxidant properties, vitamin C facilitates the absorption of iron.

Vitamin A requirements are increased during pregnancy. However, overdosage may prove harmful to the foetus. Provitamin A (beta-carotene) represents a non-toxic source which the body can transform into vitamin A depending on the need, without risk of overdosage.

A lack of magnesium increases the risk of high blood pressure during pregnancy, which may delay growth of the foetus and increase the risk of premature birth.

Generally, too little iodine is present in our diet to meet the increased need during pregnancy and breast-feeding. Iodine is vital for thyroid gland function and the infant's healthy intellectual development.

The importance of selenium during pregnancy has been demonstrated more recently. It is therefore rarely found in products available on the market. However, selenium levels in the blood tend to decrease during pregnancy, particularly in cases of miscarriage and premature births.

Lactobacillus rhamnosus HN001 is a human probiotic lactic acid bacterium – a 'good' bacterium – which helps stimulate the natural immune defences of both mother and unborn child. It has been shown that regular intake during pregnancy and breast-feeding halves the number of allergic atopic problems, which are more commonly observed in newborn babies.

INDICATIONS: Daily food supplement in women during conception, pregnancy and the breast-feeding period.

USE: **VINALAC immunitum** should be taken at a dose of one tablet a day, preferably during a meal. Ideally, the course of treatment should be started 4 weeks before conception (after stopping contraception) and continued during pregnancy and the breast-feeding period.

COMPOSITION (per tablet)

Beta-carotene *	3 mg	
Vit. B1	2,1 mg	191%
Vit. B2	2,4 mg	171%
Vit. B3	27 mg	169%
Vit. B5	12 mg	200%
Vit. B6	4 mg	286%
Vit. B12	2 mcg	80%
Folic acid	400 mcg	200%
Vit. C	120 mg	150%
Vit. D3	7,5 mcg	150%
Vit. E	15 mg	125%
Biotin	100 mcg	200%

Iron	17 mg	121%
Magnesium	75 mg	20%
Manganese	1,8 mg	90%
Zinc	7,5 mg	75%
Copper	1,10 mg	110%
Iodine	150 mcg	100%
Sélenium	70 mcg	127%
Chrome	25 mcg	63%
Molybdenum	75 mcg	150%
<i>Lactobacillus rhamnosus HN 001</i>	5 milliards	bact.
Zingiber officinale	30 mg	

% RDA = % Recommended daily allowance

* 3 mg of beta-carotene is equivalent to 500 mcg of Vitamin A.

VESALE PHARMA
Rue Louis Allaert,9
5310 Noville-sur-Mehaigne
BELGIUM