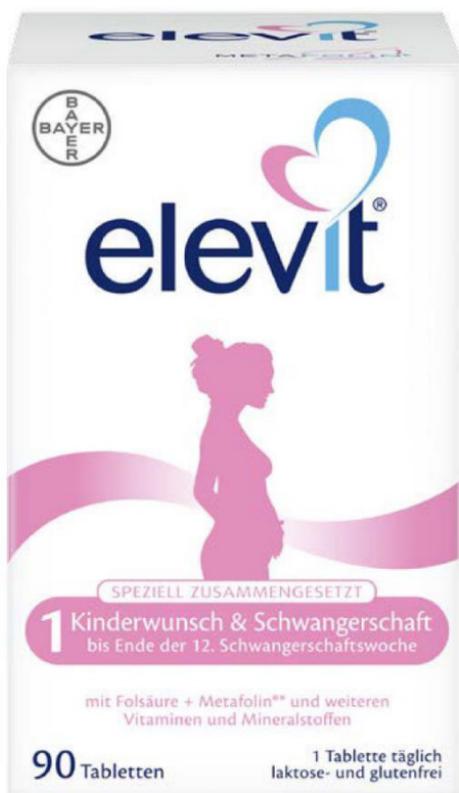


Instructions for use

elevit[®]

Conception & Pregnancy

until the End of the 12th Week of Pregnancy



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Conception & Pregnancy

Congratulations! You have decided to have a baby. Conception and pregnancy is a particularly special phase in your life. 280 exciting days, 40 unique weeks await you, and you will doubtless have plenty of questions. Your gynecologist, the midwife as well as friends and family will be happy to help you on this exciting journey.

The first six to eight weeks of pregnancy are extremely important for the development of your baby and his/her organs. However, most women are often not even aware that they are pregnant at this stage. In order to provide optimal support for the healthy development of your baby, you need more vitamins and minerals in particular. However, it takes time to produce the required level of nutrients in your body; gynecologists therefore recommend that women who are trying for a baby start taking folic acid as early as possible.

What is Elevit® 1?

Elevit® 1 for conception & pregnancy is geared towards the special requirements of mothers-to-be and the neural tube development of the baby. The multivitamin supplement contains vitamins and minerals that are oriented toward conception and the first trimester of pregnancy.



Cell Division & Risk Minimization

Elevit[®] 1 contains 800 µg folate (folic acid and Metafolin^{®*}). Folates play a role in cell division and contribute to the growth of maternal tissue during pregnancy. Supplemental folic acid intake increases the level of folate in pregnant women. A low folate level is a risk factor for neural tube defects in the growing fetus**.

Folic acid must be converted into its bioactive form in the body by means of a multistage process. However, this conversion into the active folate form may be impaired in some people. To ensure that these women also receive a good supply of folates, Elevit[®] 1 contains the bioactive folate form L-methylfolate calcium (Metafolin[®]) in addition to folic acid. The balanced blend of folic acid and Metafolin[®] in Elevit[®] 1 helps to ensure that all women can receive an adequate supply of folates.



Reduces Fatigue

Iron and vitamins B6 and B12 help to reduce tiredness and fatigue. Iron is involved in the normal formation of red blood cells, which are needed to transport oxygen in the body.



Immune System & Cell Protection

Elevit[®] 1 contains vitamin C, vitamins B6 and B12, copper and folates to support normal immune function. The immune system protects the body from viruses and bacteria. During conception and pregnancy in particular, the immune system should function effectively.

Vitamin C, copper and selenium are also antioxidants, which help to protect the cells from oxidative stress (reactive oxygen compounds, which can damage cell structures).



Fertility & Hormone Activity

Elevit[®] 1 contains the trace element zinc. As zinc is essential for regulating the female hormones estrogen and progesterone, it has a direct influence on the female cycle.

Zinc therefore helps to ensure normal fertility. The vitamin B6 in Elevit[®] 1 helps to regulate hormone activity. Iodine supports the normal function of the thyroid.

The Elevit® 3-Phase Program

Elevit® supplies you with all the nutrients you need for conception, pregnancy and breast-feeding.

The mother's and child's requirements vary depending on the phase of development. In order to ensure the right supply of nutrients, the Elevit® products are specially tailored to the specific requirements of each phase.

Well supplied in each phase:



Visit www.elevit.de for more fascinating information about conception, pregnancy and breast-feeding.

Instructions for Use

Dietary supplement with vitamins and minerals

Take only one tablet per day with plenty of water.

Do not exceed the indicated daily intake.

Dietary supplements do not replace a varied and balanced diet and a healthy lifestyle.

Store out of the reach of young children.

Store in a dry place below 25°C.

Lactose-free and gluten-free.

Pack Sizes

Elevit[®] 1 is available in two pack sizes: 30 tablets (for one month) and 90 tablets (for three months).

From the 13th Week of Pregnancy

From the 13th week of pregnancy, your baby's brain and eyes continue to develop.

Elevit[®] 2, with a special composition of vitamins and minerals plus DHA, is designed for this new development phase. The omega-3 fatty acid DHA supports the development of the baby's eyes and brain***.

For this reason, we recommend taking Elevit[®] 2 from the 13th week of pregnancy.

And don't worry – you can use up the opened pack of Elevit[®] 1 before switching.

Remarks

- * Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt.
- ** The positive effect occurs in the event of supplemental intake of 400 µg folic acid per day over a period of at least one month before and for up to three months after conception. However, increasing the folate level cannot prevent neural tube defects in all circumstances, as there are other factors not related to the folate level, such as hereditary factors, which may increase the risk of a neural tube defect.
- *** The positive effect occurs when 200 mg DHA is taken per day in addition to the recommended daily dose for adults of omega-3 fatty acids (i.e. 250 mg DHA and eicosapentaenoic acid (EPA)).

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TRANSLATION CERTIFICATE

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I confirm that the translated document detailed above is a direct translation of the original document identified above.

The translation contains all the key elements of the original document.

I also confirm that my fluency in both applicable languages is adequate to carry out this translation.

If additional translators were involved in the translation, add signature lines as appropriate.

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The translated document has also been reviewed for accuracy, and I confirm that I am appropriately qualified to perform this review.

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