

Instructions for use

elevit[®]

Pregnancy

from the 13th Week of Pregnancy



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Pregnancy

Congratulations! We know that pregnancy is a very special and exciting time for mothers-to-be. We are here to support you during this special phase of your life. There is a direct connection between you and your unborn child: the umbilical cord. This already allows you to have a direct influence on the wellbeing of your baby through your own diet. Naturally, you want to ensure that your baby receives all the nutrients it needs for its development in the womb.

What is Elevit® 2?

During the various phases of pregnancy, it is not only your nutritional requirements that change, but also those of your child. From the end of the first trimester (from the 13th week of pregnancy), your baby's brain and eyes develop particularly rapidly. Elevit® 2 has been developed for use during the second and third trimesters of pregnancy.

It contains a comprehensive micronutrient complex of folates, vitamins, minerals, trace elements and omega-3 fatty acids. Each capsule contains 200 mg of the omega-3 fatty acid DHA, which supports the normal development of your baby's eyes and brain**. In addition to folic acid, which contributes to the growth of maternal tissue, Elevit® 2 also contains Metafolin®*, the bioactive folate form.

This ensures that all women can receive an adequate supply of folates. With Elevit[®] 2, you are therefore supporting the healthy development of your baby.



Fetal Development

Elevit[®] 2 contains the omega-3 fatty acid docosahexaenoic acid (DHA).

DHA intake by the mother contributes to the normal development of the brain and eyes in the fetus and in the breast-fed infant**. In addition to DHA, Elevit[®] 2 also contains EPA (eicosapentaenoic acid). EPA is another polyunsaturated fatty acid that cannot be produced in sufficient quantities in our bodies.



Placenta Growth and Cellular Differentiation

Elevit[®] 2 contains 400 µg folate (folic acid and Metafolin^{®*}). Folates play a role in cell division and contribute to the growth of maternal tissue (e.g. the placenta) during pregnancy. Folic acid must be converted into the bioactive folate form in the body by means of a multistage process.

However, this conversion may be impaired in some people. In addition to folic acid, Elevit[®] 2 also contains the bioactive folate form L-methylfolate calcium (Metafolin^{®*}). The balanced blend of folic acid and Metafolin^{®*} in Elevit[®] 2 helps to ensure that all women can receive an adequate supply of folates.



Immune System & Cell Protection

Elevit® 2 contains vitamin C, vitamins B6 and B12, copper and folates to support normal immune function. The immune system supports the body in defending against viruses and bacteria. During pregnancy and breastfeeding 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).



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.



Bone Health

Vitamin C supports the formation of collagen for normal bone function.

Vitamin D helps maintain normal bones.

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, minerals and omega-3 fatty acids

Take only one capsule per day with plenty of water. We recommend taking Elevit® 2 during pregnancy from the second trimester (from the 13th week of pregnancy).

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. Shock-sensitive — store in the original packaging.

Lactose-free and gluten-free.

No pork gelatin.

Pack Sizes:

Elevit[®] 2 is available in two pack sizes: 30 capsules (for one month) and 60 capsules (for two months).

After Birth:

While breast-feeding, your body's energy requirements are increased; this means that you should consume more nutrients than usual in order to guarantee optimal milk production for your baby. Elevit[®] 3 is designed for this new development phase; with selected vitamins, minerals and the omega-3 fatty acid DHA, it meets the specific requirements of your body while breast-feeding. We therefore recommend taking Elevit[®] 3 after birth. And don't worry – you can use up the opened pack of Elevit[®] 2 before switching.

Remarks

- * Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany
- ** 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)).

Bayer Vital GmbH
51368 Leverkusen



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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.

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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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