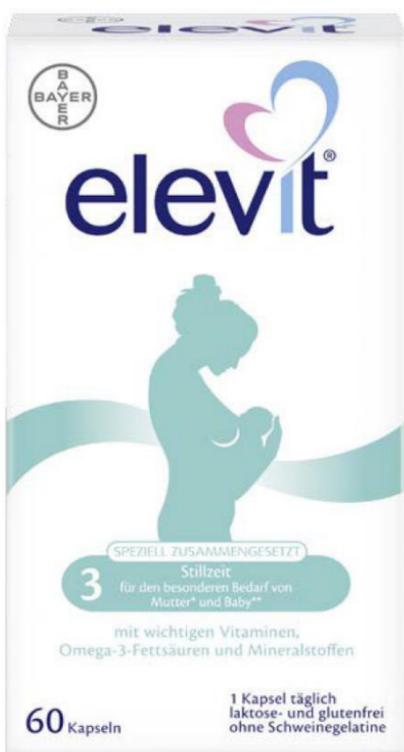


Instructions for use

**elevit**<sup>®</sup>

**Breast-feeding**

For the Specific Requirements  
of Mother and Baby



## What is in this Package Leaflet:

**Breast-feeding** >

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## Breast-feeding

Congratulations, you are now a mother! You are embarking on an exciting journey with your newborn baby. After pregnancy and birth, it is still important that you maintain a healthy, balanced diet in order to regain your full strength and master the new requirements of being a mum.

While producing milk, 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. Naturally, as a mother, you want to make sure your baby receives the optimal level of nutrition. Not only does breast-feeding create a deep bond between you and your child, it also provides your baby with everything he/she needs for effective growth and healthy development.

## What is Elevit® 3?

Elevit® 3 contains specially selected vitamins and minerals to support your increased nutritional requirements while breast-feeding. In addition, Elevit® 3 contains omega-3 fatty acids for your baby's development.



## Brain and Eye Development

Your baby's vision develops gradually after birth before reaching its full capacity at around one year of age. Your baby's brain is also still developing after birth. Elevit<sup>®</sup> 3 contains the omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). DHA intake by the mother contributes to the normal development of the brain and eyes in the breast-fed infant\*. In this way, you can support the development of your baby's brain and vision.



## Immune System

The immune system protects our body from viruses and bacteria. An effectively functioning immune system is therefore particularly important for you as a mother.

Elevit<sup>®</sup> 3 contains vitamin C, vitamin B6, vitamin B12, zinc and selenium, which support the normal function of the immune system.



### Bone Health

Your nutritional requirements are increased while breast-feeding.

Vitamin C supports the formation of collagen for normal bone function. Calcium and vitamin D also help to maintain healthy bones and teeth.



### Energy Level

As a mother of a newborn baby, you know that the days and nights can

be very tiring. The iron and vitamins B6 and B12 in Elevit<sup>®</sup> 3 help to metabolize energy and reduce tiredness and fatigue.



## Hair

The normal cycle of hair growth can become temporarily out of balance after the end of pregnancy.

Biotin, zinc and selenium help to maintain normal hair.

## 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](http://www.elevit.de) for more fascinating information about conception, pregnancy and breast-feeding.

## Instructions for Use

**Dietary supplement with vitamins, omega-3 fatty acids and minerals**

**Take** one capsule per day with plenty of water.

We recommend taking Elevit® 3 for the entire breast-feeding period.

Do not exceed the indicated recommended 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.

### **Pack Sizes:**

Elevit® 3 is available in two pack sizes: 30 capsules (for one month) and 60 capsules (for two months).

## Remark

- \* 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 EPA).

Bayer Vital GmbH  
51368 Leverkusen



## 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.*

### Translator No. 29801 (see attached CV)

<b>Name (Printed)</b>	Erlend Raassum (on behalf of translator)	<b>Title/Company</b>	mt-g medical translation GmbH & Co KG
<b>Signature</b>		<b>Date (dd-mmm-yyyy)</b>	06.may.2019

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

### Reviewer No. 19155 (see attached CV)

<b>Name (Printed)</b>	Erlend Raassum (on behalf of reviewer)	<b>Title/Company</b>	mt-g medical translation GmbH & Co KG
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