

femix

omega

Ideal MIX and Maximum Support...
...during pregnancy and lactation



**Specially developed to support
the special needs**

from the 13th week of pregnancy and
up to the end of the breastfeeding period

DURING MATERNITY



During Pregnancy and Lactation

Healthy neuron communication with DHA:

Omega 3 Fatty Acids are essential for²:

- Development of fetal brain and nervous system
- Neuroprotective effects on mother
- Boosting baby's IQ development

Folic Acid and B vitamins have an effect on¹:

- ProPhylactic protection in NTD
- Development of healthy fetal nervous system

Iron, Zinc, Selenium and Minerals are important for²:

- Development of strong immune system in mother and child
- Antioxidant effect



with a variety of vitamin and mineral ingredients plays an active role in reducing risks during maternity

COMPOSITION	PER SERVING	NRV*
Omega-3 fatty acids		**
of which DHA (docosahexaenoic acid)	200 mg	**
of which EPA (eicosapentaenoic acid)	43 mg	**
Vitamin C	70 mg	88 %
Vitamin B	315 mg	94 %
Vitamin E	10 mg	83 %
Pantothenic acid	6 mg	100 %
Vitamin B12	2,6 µg	104%
Vitamin B6	1,9 mg	136 %
Vitamin B1	1,4 mg	127 %
Vitamin B2	1,4 mg	100 %
Vitamin D3	320 µg	400 %
Folic acid	400 µg	200 %
- (6S) -5-methyltetrahydrofolic acid	778 µg	
Magnesium	56,3 mg	15 %
Iron	17 mg	121 %
Selenium	65 µg	118 %
Zinc	15 mg	150 %
Copper	1 mg	121 %
Beta carotene	2 mg	**
Iodine	150 µg	100 %

* NRV = reference quantity according to EU regulation 1169/2011

** no EU recommendation available



Femix Omega has been specially formulated to help meet the increased nutritional needs of women who are trying to conceive, pregnant and breastfeeding

Recommended Daily Intake:

Take once capsule with water during or after meals.
Femix Omega is free from gluten, lactose and fructose

Food Supplement with Vitamins, Minerals and Omega-3 Fatty Acids

Important Information: Food supplements must not replace a varied and balanced diet and a healthy lifestyle. This product is not intended to diagnose, treat, cure or prevent any disease.

References: 1. Nutrition in pregnancy: mineral and vitamin supplements, Oladapo A Ladipo, Am J Clin Nutr 2000;72(suppl):280S-90S. 3. Innis S, Dietary (n-3) Fatty Acids and Brain Development, J. Nutr. 137: 855-859, 2007. 4. Schwangerschaft, Folsäure und Vitamin B12, Prof. Dr. O. Tönz, SZE 3/2007.

