

femix
relief

Enjoy your pregnancy with
Femix Relief

Femix Relief

Special Combination of
Ginger, Folic Acid and
B vitamins for
Nausea & Vomiting
during pregnancy





80%
of pregnant
women suffer from
nausea & vomiting¹

Femix Relief with **250 mg Ginger** and **10 mg vitamin B6** is effective
for nausea & vomiting

- It is important to prevent nausea & vomiting before it starts
- If no precautions are taken, vitamin and iron deficiency in the mother can lead to anaemia¹

The effect of GINGER on nausea & vomiting:



Nausea & vomiting in pregnancy are directly related to vitamin B6³



with 400 mcg Folic Acid and 5 mcg B12 has a significant role on the development of the embryo's nervous system



- B vitamins affect the nervous system and the body's energy metabolism
- Taking both folic acid and vitamin B12 together affects the development of the embryo's brain, spinal cord and nerve cells⁴

COMPOSITION	PER SERVING	NRV*
Ginger	250 mg	**
Vitamin B6	10 mg	714 %
Vitamin B1	5 mg	455 %
Vitamin B2	5 mg	357 %
Vitamin B12	5 µg	200%
Folic acid	400 µg	200 %
- (6S) -5-methyltetrahydrofolic acid	778 µg	
Iodine	150 µg	100 %

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

** no EU recommendation available



Double
Effect

1 Capsule
per Day

pecially
formulated

Combination of Ginger, Folic Acid and B vitamins for Nausea & Vomiting during pregnancy

Recommended Daily Intake:

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

Food Supplement with Ginger, Vitamin B1-B2-B6-B12 and Folic Acid

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. The Effectiveness of Ginger in the Prevention of Nausea and Vomiting during Pregnancy and Chemotherapy. Libertas Akademia, January 29, 2016. 2. Active ingredients of ginger as potential candidates in the prevention and treatment of diseases via modulation of biological... Article in International Journal of Physiology, Pathophysiology and Pharmacology, July 2014. 3. (ACOG-American Congress of Obstetricians and Gynecologists, October 2015). 4. Food Nutr Bull. 2008 Jun; 29(2 Suppl): S126-S131.



www.centaxpharma.com