

LadeeKom

Food supplement for pregnant women, containing folic acid, iron, omega-3, vitamins and minerals.

Folic acid

Folic acid is a water-soluble vitamin that belongs to the group of B vitamins. Folate is involved in the growth of maternal tissues during pregnancy, in physiological amino acid synthesis, plays a role in cell division, contributes to normal blood formation, the proper functioning of the immune system, and to the reduction of tiredness and fatigue.

Iron

Iron plays a role in cell division, contributes to the production of red blood cells and haemoglobin, the functioning of the immune system, cognitive functions, the reduction of tiredness and fatigue, and participates in normal energy-producing metabolic pathways.

Omega-3

EPA and DHA are among the polyunsaturated essential omega-3 fatty acids. EPA and DHA contribute to proper heart function.

Recommendations and precautions

- This product is a food supplement. It should not be used as substitutes for a varied and balanced diet and a healthy lifestyle.
- Do not exceed the recommended daily dose.
- Keep out of the reach of children!
- Store in a cool, dry place, protected from direct sunlight.

This product is a food supplement and cannot replace any medications prescribed by your doctor.

Recommended daily dose: 1 capsule per day with any liquid, during breakfast.

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Folic acid

Iron

Omega-3

Vitamins

Minerals

	Per 100 g	Per 1 capsule	%NRV*
Eicosapentaenoic acid (EPA)	5,11 g	50,00 mg	-
Docosahexaenoic acid (DHA)	25,55 g	250,00 mg	-
Vitamins			
Vitamin B1	0,11 g	1,10 mg	100%
Vitamin B2	0,14 g	1,40 mg	100%
Vitamin B3	1,64 g	16,00 mg	100%
Vitamin B5	0,61 g	6,00 mg	100%
Vitamin B6	0,14 g	1,40 mg	100%
Biotin	5,11 mg	50,00 µg	100%
Vitamin B9	40,88 mg	400,00 µg	200%
Vitamin B12	0,26 mg	2,50 µg	100%
Vitamin C	4,09 g	40,00 mg	50%
Vitamin E	1,23 g	12,00 mg	100%
Minerals			
Manganese	0,10 g	1,00 mg	50%
Copper	0,10 g	1,00 mg	100%
Iodine	15,33 mg	150,00 µg	100%
Selenium	5,62 mg	55,00 µg	100%
Iron	1,43 g	14,00 mg	100%
Zinc	1,02 g	10,00 mg	100%

*NRV: Nutrient Reference Values

