mabelle

EARLY PREGNANCY

Food supplement

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Your baby grows every day and needs you to maintain a balanced, healthy diet. The best way to meet you and your baby's nutritional needs is to eat a wide variety of nutritious foods and be as healthy as possible as early as possible. More than ever, a sufficient supply of vitamins and minerals is important during pregnancy. These are necessary not only for the proper development of the fetus, but also for the good physical and psychological condition of the expectant mother. Nutrient intake requirements change throughout pregnancy, which is why two MABELLE products have been developed for pregnancy.

MABELLE Early Pregnancy provides substances during the first trimester of pregnancy until the end of the 12th week.

Folate

Supplementation with **folic acid** is recommended to all women during pregnancy, especially in early stages of pregnancy, to reach a protective folate level in order to prevent baby's neural tube defects. The need increases during pregnancy. Supplemental folic acid intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus. Folate contributes to maternal tissue growth during pregnancy, normal blood formation, has a role in the process of cell division, contributes to normal homocysteine metabolism, and contributes to normal psychological function .

Unfortunately, approximately **50% of women do not convert properly folic acid** into the active form of methyl folate that can be utilized by the body and consequently protective level is longer achieved.

MABELLE Early Pregnancy is the only food supplement for pregnant women containing 100% methyl folate, an active form of folate which is easily utilized by every woman. Completed by important nutrients carefully selected for supporting you during your pregnancy.

The need for **iron** is increased during pregnancy. The baby draws enough iron from you for the period after birth. The larger amount of blood produced in the body needs iron as an oxygen carrier. Iron contributes to normal formation of red blood cells and haemoglobin, oxygen transport in the body and has a role in the process of cell division. **Vitamin C** increases iron absorption.

Iodine contributes to the normal production of thyroid hormones and normal thyroid function. Thyroid hormones affect the body's basic processes. Iodine consumption increases during pregnancy, and therefore pregnant women need significantly more iodine than the rest of the population. Iodine contributes to normal functioning of the nervous system and normal cognitive function.

Choline is part of cell membranes. Choline contributes to normal homocysteine metabolism which is also important during pregnancy. As with other essential nutrients, the demand for choline increases during pregnancy.

Vitamin B6 and **B12** contribute to the normal function of the immune system, the reduction of tiredness and fatigue, and contributes to normal psychological function. B6 additionally contributes to the regulation of hormonal activity.

Vitamin D contributes to normal blood calcium levels and normal function of the immune system.

All that really matters in one capsule a day.

MABELLE will be honored to accompany you through the entire phase of pregnancy and breastfeeding. After 12. week you can continue with **MABELLE Pregnancy**. After you give birth, you can continue with **MABELLE Breastfeeding**.

Thank you for choosing this composition of nutrients developed for you and your baby.

DEVELOPMENT OF PREGNANCY

FERTILIZATION

- If a sperm penetrates the egg, fertilization results. The fertilized egg (zygote) moves towards the uterus and divides repeatedly into cells. In the uterus, the cells continue to divide, becoming a hollow ball of cells called a blastocyst.
- About 6 days after fertilization the blastocyst attaches to the lining of the uterus, a process called implantation, and split into two layers. The inner layer of cells further divides and gradually develops into the embryo, umbilical cord, amniotic sac and amniotic fluid cavity. The outer cells burrow into the uterine wall and develop into the placenta. The placenta produces several hormones that help maintain the pregnancy. For example, the placenta produces human chorionic gonadotropin (hCG), which prevents the ovaries from releasing eggs and stimulates the ovaries to produce estrogen and progesterone continuously. The placenta also carries oxygen and nutrients from mother to fetus and waste materials from fetus to mother.
- When the amniotic sac is formed (by about day 10 to 12), the blastocyst is considered **an embryo**. The amniotic sac fills with a clear liquid (amniotic fluid) and expands to envelop the developing embryo, which floats within it.

EMBRYOGENESIS

(Development of embryo)

- This stage is characterized by the formation of most internal organs and external body structures. Most organs begin to form about 3 weeks after fertilization, which is equal to week 5 of pregnancy, because doctors date pregnancy from the first day of the woman's last menstrual period, which is typically 2 weeks before fertilization. During this period, the embryo is most vulnerable.
- At this time, the embryo elongates, divides into the head and bottom part. Shortly thereafter, the area that will become the brain and spinal cord (neural tube) begins to develop . The heart and major blood vessels begin to develop earlier. The heart begins to pump fluid through blood vessels, and the first red blood cells appear the next day. Blood vessels continue to develop in the embryo and placenta.
- At first, nothing can be seen on the ultrasound. An embryo with a heartbeat can usually be visualized during 6-8 weeks of pregnancy.
- At the end of the 8th week after fertilization (10 weeks of pregnancy), the embryo is considered a **fetus**.

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W A L M A R K®

Dispatch note of print out packing material

W A L M A R K®

Design / Year:	2023	DTP operator / Studio:	(DK) Jiri Sotek / Internal	Proof numb. / Date 1. proof:		4/ 25. 7. 2023	
Used printing material:	BO 60 - 70 g/m2	Special printing technology:	-	Used Colours:	4	Cut Size (mm):	146 x 265 mm

C Y A N M A G E N T A Y E L L O W B L A C K

Pharma code: ----

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DEVELOPMENT OF PREGNANCY

Trimester	Month of pregnancy	Week of pregnancy	Fetal lenght (cm)	Fetal weight (g)	Phase / Development
1.	1.	1.	1		Fertilization and the process of embryo formation
		2.			
		3.			
		4.			
	2.	5.	4		Embryogenezis (development of embryo)
		6.			- formation of most internal organs and external body structures
		7.			- the brain and spinal cord (neural tube) begins to develop
		8.			- heart and major vlood vessels
	3.	9.	9		Digestive tract
		10.			The embryo is considered a fetus / face
		11.			The beginning of the fetal period / organs created
		12.			Drinking amniotic fluid
2.	4.	13.	16		Growth and development of already formed structures / kidneys / inzulin
		14.			Breathing / sucking
		15.			The formation of muscles and the nervous system.
		16.			Skin / movements as in newborn
	5.	17.	25		Gender recognition
		18.			Fetal growth
		19.			Fetal growth / a fully formed placenta that continues to grow
		20.		250-300	Vernix - biofilm protecting the skin / first moves noted by mother
	6.	21.	30		Sex can now be safely recognized / papillary line
		22.			Settling in the uterus
		23.			Skin tension; hearing
		24.		600	Sweat glands
3.	7.	25.	35		Opening eyes
		26.			Vestibular system
		27.			Sleep
		28.		1000-1200	Development of thermoregulation
	8.	29.	40		Taste
		30.			More subcutaneous fat
		31.			Hair growth
		32.		1800	Recognizing light and dark
	9.	33.	45		Lung development
		34.			Mirroring the mother
		35.			Grasping the umbilical cord
		36.		2500-2700	Completed
	10.	37.	50		The fetus is mature
		38.			
		39.			
		40.		3300-3500	Delivery

central nervous system (CNS), brain and spinal cord

Heart

Hands and legs

Eyes

Teeth

Ears

External genitalia

Palate

Dosing: 1 capsule a day. In case of morning sickness, it is recommended to take it in the evening. Best after meal, rinse down with water.

Target population is women of child-bearing age and the beneficial effect is obtained with a supplemental folic acid daily intake of 400 µg for at least one month before and up to three months after conception.

Beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for adults, i.e.: 250 mg DHA and EPA.

WARNING: Do not exceed the stated recommended daily dose. Food supplements should not be used as a substitute for a balanced and varied diet. It is not suitable for children. Store out of the reach of children. Keep in a dry and dark place, at temperature below 25°C.