# mabelle **EARLY PREGNANCY**

Food supplement

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 preanancy.

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.

lodine contributes to the normal production of thyroid hormones and normal thyroid function. Thyroid hormones affect the body's basic processes. lodine 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.

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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 vul-
- 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.



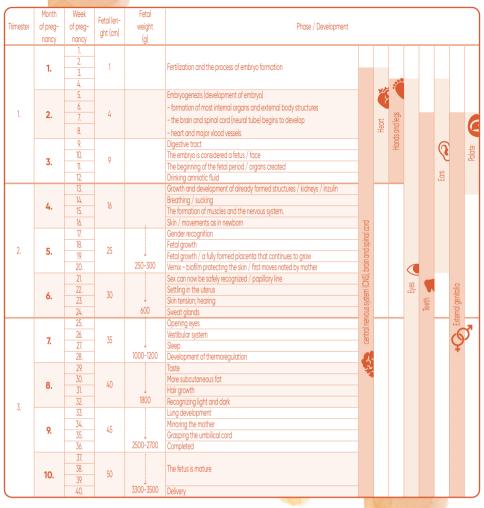




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146 x 265 mm

## **DEVELOPMENT OF PREGNANCY**



**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  $\mu$ g 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.

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**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.