

# mabelle

## 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 pregnancy.

**MABELLE Pregnancy** supplies you with substances from the second trimester, starting from the 13th week until the end of your pregnancy.

### 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 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.

**DHA** is an omega-3 fatty acid that the human body is unable to synthesize in sufficient quantities. **Docosahexaenoic acid (DHA)** maternal intake contributes to the normal brain development of the fetus and breastfed infants and contributes to the normal development of the eye of the foetus and breastfed infants.

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.

**Lutein** is dominant in the tissues of the central nervous system, naturally occurring in eye retina and preferentially accumulate in the human brain. Also found in breast tissue, breast milk and skin. In child, lutein is deposited specifically in the eye and brain. Lutein is not synthesized in human body and must be obtained from the diet. Lutein plasma levels increase 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.

**Chromium** contributes to normal macronutrient metabolism and the maintenance of normal blood glucose levels.

**Selenium** contributes to the normal function of the immune system and thyroid function.

**Vitamin A** contributes to normal iron metabolism, maintenance of normal mucous membranes has a role in the process of cell specialization. It also contributes to the maintenance of normal vision.

### 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 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

### DEVELOPMENT OF FETUS

(Fetal period)

- The fetal period lasts from 9th week after fertilization, i.e. from 11th week of pregnancy until delivery.
- **Almost all organs are completely formed** by about 10 weeks after fertilization (which equals **12 weeks of pregnancy**). The exceptions are the brain and spinal cord, which continue to form and develop throughout pregnancy.
- During this stage, the structures that have already formed grow and develop. This can be observed by ultrasound.
- The area of contact between the wall of the uterus and the placenta increases, so more nutrients and waste can be exchanged. The placenta is fully formed by 18 to 20 weeks but continues to grow throughout pregnancy. At delivery, it weighs about 500 grams.
- **12 week of pregnancy** - the head of the fetus is clearly distinguishable, it has a visible nose and eyes, and its profile can be seen. The spine is formed, as are the upper and lower limbs, and the fingers are beginning to be distinguishable. Intestinal loops developing outside the fetus move inward into the abdomen. The male and female genitals are starting to differentiate, but the changes are still not very pronounced. The fetus begins to move.
- **16 week of pregnancy** - during this stage it is possible to observe the same movements as in a newborn. The body is covered with skin, nails develop, and hair begins to grow. Touch and taste begin to work. The fetus begins to hear, **first the mother's voice and the sounds of the digestive system, later also the sounds from outside**. Determining the gender of the fetus is now more reliable.
- **20 week of pregnancy** - Both organs and sex can now be safely recognized and displayed. A pregnant woman begins to feel the movements of the fetus. A first-time mother usually comes later, a multi-child mother earlier.
- **25 week of pregnancy** - The size disproportions of the fetus are balanced. Pregnancy is already visible on the growing belly. Eyelids begin to open, the fetus is gradually able to distinguish between day and night. Everything is still growing, developing and preparing for proper function after birth.
- **from the 28th week - 3rd trimester** - Yawning, blinking, sucking, swallowing and grasping reflexes are present. Muscles grow, bones get stronger. Rich neural connections are formed. The fetus responds to touch, sound and smells. From around the 32nd week, individual sleep rhythms alternate with the awake phase (the fetus sleeps 90-95% of the day). The immune system also develops rapidly. Nails grow to the tips of the fingers. After the 37th week, the fetus is mature and ready for life outside the uterus.



# DEVELOPMENT OF PREGNANCY

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

central nervous system (CNS), brain and spinal cord

Heart

Hands and legs

Ears

Palate

Eyes

Teeth

External genitalia

**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.