mabelle
PRECONCEPTION

Food supplement

MABELLE Preconception prepares your body for the increased demand for important substances that you will need during the pregnancy. Supports a healthy conception and then development of your baby.

The most important basis for the future life of the baby takes place at the beginning of pregnancy, when the woman may not yet know about the pregnancy, during the first trimester, which is considered the most sensitive. For this reason, it is advisable for a woman to prepare and supplement her body with the necessary nutrients even before pregnancy.

Folate
One of the important nutrients in the pre-conception period is folic acid. Supplementation with folic acid is recommended to all women before and during pregnancy to reach a protective folate level in order to prevent baby's neural tube defects. The development of the neural tube takes place in the early stages of pregnancy, when the woman may not yet know about the pregnancy. That is why folic acid is recommended even in the pre-conception period.

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.

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 fetus.

Folate contributes to maternal tissue growth during pregnancy, normal blood formation and cell division.

MABELLE Preconception is the only baby planning food supplement 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 pre-conception period.

Iron – 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.

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. Iodine contributes to normal functioning of the nervous system and normal cognitive function.

Vitamin B6 and **B12** contribute to the normal function of the immune system and the reduction of tiredness and fatigue. 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 planning a baby, pregnancy and breastfeeding. From here you can continue with MABELLE Early Pregnancy and then start using MABELLE Pregnancy and MABELLE Breastfeeding.
Thank you for choosing this composition of nutrients developed for you and your future baby.

When it comes to preconception nutrition, it's never too early to prepare the body for the many changes that come along with growing a tiny human.

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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®
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INTERESTING FACTS:

- The menstrual cycle and the associated monthly cyclical changes are controlled by the influence of hormone levels.
- With each ovarian cycle, a number of follicles begin to develop, but usually only one reaches full maturity.

- During each normal menstrual cycle, one egg (ovum) is usually released from one of the ovaries - release of the egg is called ovulation.
- The egg is swept into the funnel-shaped end of one of the fallopian tubes - this is where a live sperm unites with an ovum.
- Spermatogenesis (sperm production) occurs continuously, and each germ cell requires about 72 to 74 days to mature fully.

- Ovulation usually occurs in the middle of the menstrual cycle, which is about 14 days before the first day of a women's next period.
- At ovulation, the mucus in the cervix becomes more fluid and more elastic, allowing sperm to enter the uterus rapidly.
- Sperm may remain viable in the female reproductive tract for several days.
- Movement of sperm from the cervix to the oviduct is accomplished primarily by their own propulsion, although they may be assisted by movements of fluids created by uterine cilia.

- The trip to oviduct requires a minimum of 2 to 7 hours.
- Only 300 to 500 sperm of the 200 to 300 million deposited in the female genital tract reach the site of fertilization. And only one of these fertilizes the egg.

Dosing: 1 capsule a day. 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.

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.