

PreMama duo, tablets and soft capsules, a food supplement for women planning to get pregnant, those already pregnant and those who are breastfeeding

PreMama duo is a multivitamin and multimineral product, with omega-3 fatty acids, i.e., DHA and EPA, and are intended for women planning to become pregnant, those already pregnant and those breastfeeding infants. The double pack consists of 30 tablets containing 11 vitamins and 10 minerals, along with 30 capsules containing omega-3 fatty acids.

The intake of docosahexaenoic acid (DHA) during pregnancy and when breastfeeding infants, aids in the normal development of the eyes and brain of fetuses and infants. Beneficial consequences are achieved by taking 200 mg of DHA daily along with the recommended daily intake of omega-3 fatty acids for adults, e.g., 250 mg of DHA and eicosapentaenoic acid (EPA).

PreMama duo tablets

Ingredients in the recommended daily dose (1 tablet = 1.26 g)	%RDA*	
Vitamin D	10 µg	200 %
Vitamin E	15 mg	125 %
Vitamin C	85 mg	106 %
Thiamine	1.4 mg	127 %
Riboflavin	1.4 mg	100 %
Niacin	18 mg	113 %
Pantothenic acid	6 mg	100 %
Vitamin B ₆	1.9 mg	136 %
Folic acid	400 µg	200 %
Vitamin B ₁₂	2.6 µg	104 %
Biotin	30 µg	60 %
Calcium	200 mg	25 %
Magnesium	56 mg	15 %
Iron	15 mg	107 %
Copper	1 mg	100 %
Iodine	150 µg	100 %
Zinc	5 mg	50 %
Manganese	2 mg	100 %
Selenium	60 µg	109 %
Chromium	30µg	75 %
Molybdenum	50 µg	100 %

*Recommended daily allowance

Ingredients: *acidity regulator*: calcium phosphate; *emulsifier*: microcrystalline cellulose; L-ascorbic acid; magnesium oxide; ferrous fumarate; DL-alpha-tocopheryl acetate; nicotinamide; *thickener*: hydroxypropyl methyl cellulose, maltodextrin; *anticaking agents*: polyethylene glycol and magnesium salt of fatty acids; pyridoxine hydrochloride; *anticaking agent*: silicon dioxide; calcium D-pantothenate; zinc oxide; thiamine mononitrate; riboflavin; cholecalciferol; *dye*: titanium dioxide; manganese carbonate; cyanocobalamin; *stabilizer*: stearic acid; copper citrate; pteroylmonoglutamic acid; potassium iodide; chromium(III) chloride; sodium selenite; ammonium molybdate (molybdenum VI); *dye*: iron oxide red; D-biotin.

Premama duo capsules

Ingredients in the recommended daily allowance (1 capsule = 0.643 g)	
Omega-3 fatty acids	445 mg
- of which:	
DHA (docosahexaenoic acid)	200 mg
EPA (eicosapentaenoic acid)	40 mg
Vitamin E (D-alfa-tocopherol)	3.3 mg (28% RDA*)

Ingredients: **FISH** oil, gelatine, *moisture-retaining agent*: glycerol, D-alpha-tocopherol.

ACTION

PreMama duo tablets, besides some other vitamins and minerals, also contain folic acid which is especially essential in restoring the needs of a woman's body in the fertile period: prior to conception, during pregnancy and when breastfeeding.

- Contains **folic acid** which contributes to maternal tissue growth during pregnancy.
- Contains **vitamin D** which contributes to the normal absorption and utilisation of calcium and phosphorus, maintaining normal calcium levels in blood as well as normal bones and teeth.
- Contains **iron** which contributes to the normal formation of red blood cells and haemoglobin, normal oxygen transport in the body, normal energy-yielding metabolism, as well as to the reduction of tiredness and fatigue.
- Contains **calcium** needed for the maintenance of normal bones and teeth.
- Contains **vitamin B₁₂** which contributes to normal homocysteine metabolism, normal red blood cells formation and has a role in the process of cell division.
- Contains **vitamin C** which contributes to normal collagen formation for the normal function of skin and increases iron absorption.
- Contains **iodine** which contributes to normal cognitive function, normal production of thyroid hormones and normal thyroid function.
- Contains **zinc and selenium** which contribute to the maintenance of normal hair and normal nails.
- Contains **docosahexaenoic acid (DHA)** which contributes to the maintenance of normal brain functioning and normal vision. The beneficial effects are obtained with a daily intake of 250 mg of DHA.

USE

PreMama duo tablets and capsules are a food supplement, the ingredients of which ensure satisfying the increased needs of a woman's body for vitamins, minerals and DHA before pregnancy, during pregnancy and during breastfeeding.

DOSE AND METHOD OF ADMINISTRATION

Women who are planning on getting pregnant, pregnant women and those breastfeeding are recommended to take one tablet and one capsule a day along with some liquids after a meal.

CAUTION

PreMama duo tablets and capsules must not be used if excessive sensitivity towards an ingredient exists.

The recommended daily dose must not be exceeded.

Keep out of reach of small children.

A food supplement is not a substitute or replacement for a balanced diet.

It is important to maintain a balanced and varied diet as well as healthy lifestyle!

PACKAGING

Carton packaging contains 30 tablets (3 blister packs), 30 soft capsules (2 blister packs) and instructions for use.

Net quantity: 57.09 g (30 tablets each 1.26 g; 30 capsules each 0.643 g)

EXPIRATION DATE

Two (2) years.

STORAGE CONDITIONS

Store at temperatures from 15 to 25 °C, protect against light and moisture.

Manufacturer:

Tablets

Fine Foods & Pharmaceuticals N.T.M.S.p.A, Italy

for **ALKALOID INT d.o.o.**

Šlandrova ulica 4

1231 Ljubljana, Slovenia

Soft capsules

Europharma Alliance sp. z o.o., Poland

for **ALKALOID INT d.o.o.**

Šlandrova ulica 4

1231 Ljubljana, Slovenia

Country of origin:

Tablets: Italy, EU

Soft capsules: Poland, EU

Responsible for the territory of Croatia: Alkaloid d.o.o.

Slavonska avenija 6 A

10 000 Zagreb, Republic of Croatia