

Pregnaval®

DIETARY SUPPLEMENT FOR WOMEN

BALANCED FORMULA OF VITAMINS
AND MINERALS FOR
MOTHER & CHILD

FOR HEALTHY FETAL DEVELOPMENT
AND AN EASY PREGNANCY

BEFORE PREGNANCY • DURING PREGNANCY
• DURING POST-NATAL BREASTFEEDING

UNIQUE SOLID AND LIQUID
FORM IN ONE CAPSULE!



Pregnaval® Basic

BEFORE PREGNANCY

- to boost immunity and prepare the organism for the demanding period of pregnancy

DURING THE FIRST TRIMESTER OF PREGNANCY

- to supplement the vitamins essential for maintaining normal metabolism in the mother and for the correct development of the child



Recommended dose: 1 tablet per day
Pack contents: 30 coated tablets

This is the simplest, basic **Pregnaval®** line product, which provides the two most important vitamins for this stage of pregnancy, **B6 and folic acid**, with added **extract of root ginger**. All the active substances are in **micronized form** contained in one coated tablet.

“A sufficient intake of folic acid and vitamin B6 is **ESSENTIAL** for the correct development of the child during the first trimester.”

Effects of the ingredients:

Folic acid promotes cell division, contributing to the growth of embryonic tissue during pregnancy. Along with **vitamin B6** it helps maintain the normal metabolism of homocysteine, a metabolic waste substance. It contributes to the normal synthesis of amino acids, promotes the formation of blood cells and boosts the immune system.

Vitamin B6 contributes to the normal metabolism of proteins, red blood cell formation and the normal working of the immune system. It helps regulate hormonal activity and reduce fatigue and exhaustion.

Ginger is effective in helping alleviate various types of nausea, especially among pregnant women, and helps maintain vitality and energy levels.



“Ginger is effective in alleviating morning sickness and vomiting during pregnancy.”



Every Pregnaval® BASIC or PRIM tablet contains 800 µg of folic acid to meet the increased requirement for this indispensable substance before and during pregnancy.

Pregnaval® Prim

BEFORE PREGNANCY

- to boost immunity and prepare the organism for the demanding period of pregnancy

DURING THE FIRST TRIMESTER OF PREGNANCY

- to supplement the nutrients essential for maintaining normal metabolism in the mother and for the correct development and growth of embryonic tissue



Recommended dose: 1 tablet per day
Pack contents: 30 coated tablets

Pregnaval® PRIM is a complex preparation containing a balanced **mixture of vitamins and minerals**. Added to this mixture is **extract of ginger**, which reduces morning sickness and helps preserve the mother's vitality and energy levels. All the active substances providing the necessary daily dose of nutrients are contained in **micronized form** in a single coated tablet. Besides ease of use, this ensures the organism is better able to absorb these important substances.

Effects of the ingredients:

In addition to **folic acid**, **vitamin B6** and **ginger** (effects described on the previous page), **Pregnaval® PRIM** contains a number of other key ingredients.

Iron is used in the production of red blood cells and hemoglobin.

Given the high utilization of **iron** during pregnancy, the preparation makes use of the ideal **carbonyl form of iron - FERRONYL®**.

Magnesium contributes to the normal synthesis of proteins. Along with iron, zinc and vitamin D it promotes cell division. Together with vitamin C it plays a role in sustaining energy metabolism and keeps bones and teeth healthy.

Zinc is involved in DNA synthesis and helps preserve normal testosterone levels in the blood. It also benefits healthy fertility and reproduction.

Copper contributes to the normal transfer of iron in the body. **Iodine** and **selenium** promote the functioning of the thyroid gland.

Vitamin C boosts the absorption of iron and, along with iron and zinc, ensures the immune system functions normally.

Vitamin B2 is used in the metabolism of iron and is important for red blood cells. **Vitamin B1** contributes to a healthy heart.

Pantothenic acid contributes to normal mental activity.

Vitamin D helps maintain healthy bones. **Biotin** promotes the metabolism of macronutrients, i.e. proteins, saccharides and fats.

"The child takes the iron it needs from the mother's body, which can lead to anemia and exhaustion in the mother. In FERRONYL® form, iron is easier to absorb into the organism."

"Pregnaval® PRIM – very rich in nutrients but also extremely gentle on the organism of the mother and the child."



"Pantothenic acid contributes to normal mental activity and plays a role in energy metabolism."

Pregnaval® Duo



Recommended dose: 1 capsule per day with food, washed down with a sufficient quantity of liquid
Pack contents: 30 capsules

IN THE SECOND AND THIRD TRIMESTERS OF PREGNANCY

- for the correct completion of the child's development

AFTER GIVING BIRTH AND DURING BREASTFEEDING

- to help the mothers' organism recover and ensure nutritious mothers' milk

One of the main advantages of **Pregnaval® DUO** is the revolutionary form of application. All the active substances are contained in a vegetarian capsule in **micronized form**, making them much easier for the organism to absorb. What is more, each capsule contains both solid active substances in the form of pellets and the unsaturated fatty acid DHA. Consequently, using **Pregnaval® DUO** is much more convenient than equivalent products where oil substances and solids are contained separately in a tablet and capsule.

"A revolutionary application method – Pregnaval® DUO contains the acid DHA and solid substances in one vegetarian capsule."

Effects of the ingredients:

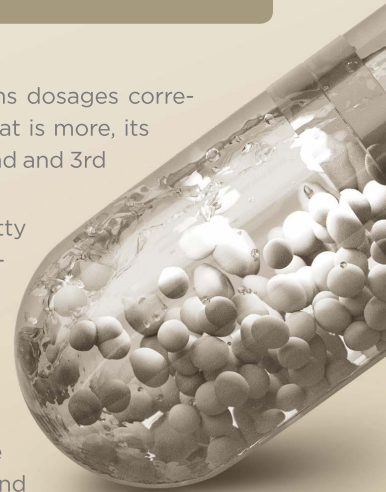
The composition of **Pregnaval® DUO** is similar to that of the unique **Pregnaval® PRIM** but contains dosages corresponding to the advanced stage of pregnancy and the period of post-partum convalescence. What is more, its composition is enhanced with **the unsaturated fatty acid DHA**, which is very important during the 2nd and 3rd trimesters and during breastfeeding, and black pepper extract **piperine**.

"The body can absorb up to 70% of iron in Ferronyl® form, unlike ordinarily used forms of iron."

DHA is an omega-3 unsaturated fatty acid which the body is unable to produce itself. It has been proven that DHA plays a very important role during the growth and development of children's brains and has an impact on the correct development of locomotor and cognitive skills. Supplying the organism with **DHA** in the form of a dietary supplement is therefore crucial during pregnancy and breastfeeding, as ordinary food does not provide a sufficient intake and there is a risk of a deficit. By taking in sufficient **DHA** the mother protects herself against a decline in the levels of this substance in her own brain cells and against post-partum depression and lactation psychosis. The DHA contained in Pregnaval® DUO does not come from fish, which rules out any possible mercury content.

Piperine, an extract of black pepper, enhances the active working of the used ingredients, thus making them more accessible for the organism.

"Healthy development of a child's cartilage requires a sufficient intake of vitamin C."



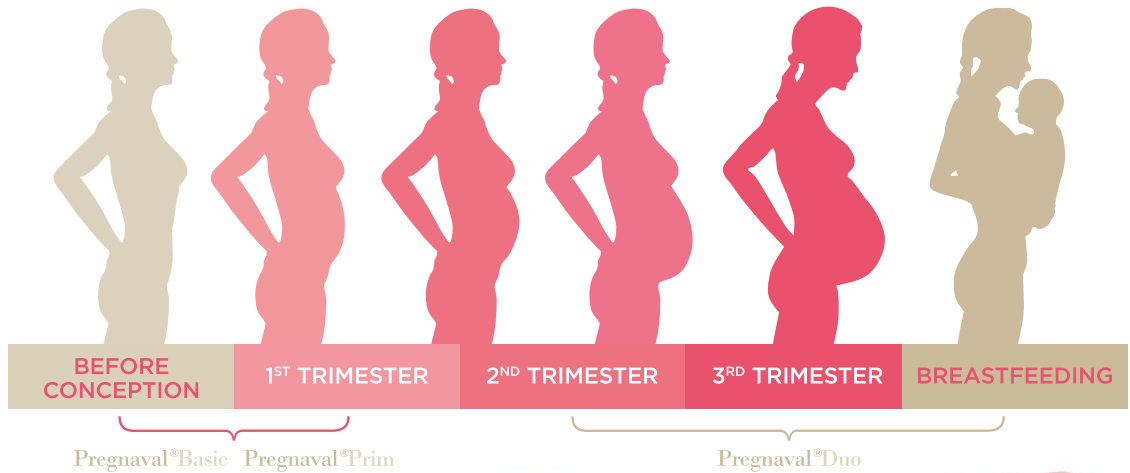
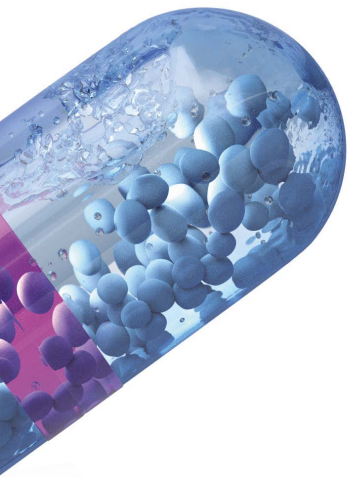
FOR HEALTHY FETAL DEVELOPMENT AND AN EASY PREGNANCY

Waiting for the birth of a child is without doubt one of the most beautiful periods in the life of a woman and for the rest of her family. It is a joyful time, but also a time of natural concerns about the health of the baby and the mother.

Pregnancy is a major strain on a woman's organism and a drain on energy levels. That is why healthy nutrition and a balanced intake of vitamins and minerals play an important role and have a beneficial effect on fetal development. Even

once the baby has arrived, the mother's diet is very important. Above all, diet affects the quantity and quality of mother's milk, which is the only source of nutrition for most babies in the first months of their life.

If you want to be sure that mother and child have everything they need for healthy development, choose the Pregnaval® line of dietary supplements that are specially designed for women preparing for pregnancy and for pregnant and breastfeeding mothers.



“What makes the Pregnaval® product line unique is that the products were developed specifically for each trimester of pregnancy. That means that during every stage of the child's development the mother is receiving precisely the right quantities of the right nutrients she and the child require.”



WHAT MAKES THE PREGNAVAL® PRODUCT LINE UNIQUE?

Correct timing

The Pregnaval® product line provides solutions for women who are planning pregnancy, for pregnant women and for breastfeeding mothers.

During each of these periods the mother receives precisely the right quantity of the right nutrients she and the child require. The composition of Pregnaval® preparations is designed to restrict the intake of surplus substances the mother and child's organisms cannot use.

Vegetarian capsules

Unlike ordinary gelatin capsules made from the bones, cartilage and skin of animals, vegetarian capsules are of purely plant origin. That makes them suitable for vegetarians. They are also halal certified. Vegetarian capsules made from cellulose fibers are more stable, even in more extreme climatic conditions, which prolongs the lifespan of the active substances contained in them.

Iron in its safest form, gentle on the organism

One advantage of Pregnaval® preparations is their use of elementary iron, i.e. iron in carbonyl form known as FERRONYL®. What makes this type of iron special is the minimal particle size, so absorption into the organism is highly efficient. As a result, iron does not have to be supplied in larger doses than necessary. Mothers-to-be will mainly appreciate the fact that their organism is not needlessly burdened by iron and tolerates it better than other forms of iron.



UNIQUE SOLID AND LIQUID FORM IN ONE CAPSULE!

Easy nutrient absorption

Micronization is a progressive method used to achieve the smallest possible dimensions of nutrients delivered to the organism. Micronization makes vitamins, minerals and other active biological substances much more accessible for the organism.

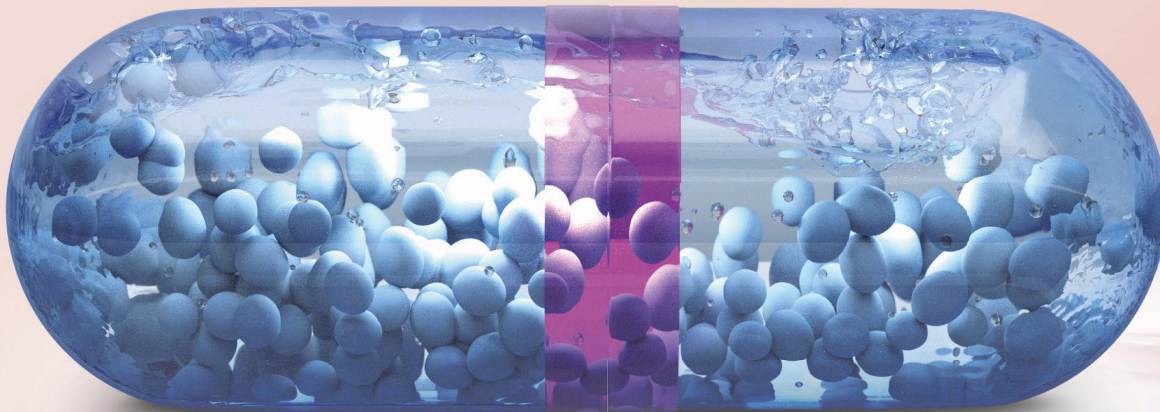
“Micronization technology enables the organism to make maximum use of crucial nutrients.”



A revolutionary application form - a complete dose of nutrients in one capsule

Pregnaval® BASIC and PRIM coated tablets are easy to swallow. The tablet's coating preserves the stability of the contained active substances, which gives them a longer shelf life.

Pregnaval® DUO contains the important acid DHA and other necessary substances in one revolutionary capsule.



Pregnaval®



FROM ENTIRE **BEGINNING** TO THE **LIFE**
Pregnaval®



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