

Matrivir^{plus}

For Pregnant & Nursing

Read all of this leaflet carefully before you start using Matrivir Plus, because it contains important information for you.

This product is available without a doctor's prescription, for your use as a food supplement. Nevertheless you still need to use Matrivir Plus carefully to get the best results from it. Keep this leaflet. You may need to read it again.

If you have further questions, please ask your doctor or your pharmacist.

You must see a doctor if you experience troubling symptoms.

WHAT MATRIVIR PLUS IS USED FOR:

A Multi-vitamin and mineral supplement for women planning pregnancy, during pregnancy, and while breastfeeding. Expecting a baby is one of the most joyful experiences in your life. However, this is also a time of great change and challenges, in particular for your body, because it is housing and developing another life. For this crucial period in life it is very important to supply your body with the most balanced and complete way. During pregnancy your nutritional requirements change significantly and it is essential to have a balanced nutrient intake. This cannot be achieved by just increasing the quantity of food-intake, but by a healthier, balanced diet which includes nutrient rich foods such as fruits, vegetables, whole grains, lean meat, poultry and low fat dairy products.

The supplementation of your healthy diet with a prenatal multivitamin - while planning pregnancy, during pregnancy and while breastfeeding - offers many benefits for mother and baby.

Matrivir Plus offers the complete range of vitamins, minerals and trace elements, micronutrients needed for the normal development of the baby, together with ensuring the well-being and health of the mother. Matrivir Plus, with its complete set of vitamins, minerals and trace elements, delivers all these nutrient components to you:

Folic acid is indispensable for cell production and normal growth of the foetus during pregnancy, and it is recommended for the prevention of the neural tube and other birth defects. Research has shown that consuming 200 mcg folic acid, plus additional food folate from food intake, can reduce the risk of neural tube defects by 50 -70%. Consuming adequate amounts of folic acid (200 mcg folic) ensure the normal development of the foetal spinal cord.

Fish oil, containing **EPA** and **DHA**, ensures proper development of the fetal neurological and visual system, improves motor function in women who breastfeed.

Iodine During pregnancy, increased levels of iodine are recommended. Iodine, which is part of the thyroid hormones, is important for the normal development and metabolic processes of your child.

Iron (Ferum) is a mineral necessary for the pregnant women and embryo. It ensures the delivery of oxygen to the increased amount of blood in the body during pregnancy and the maintenance of normal level of haemoglobin. Enough quantity of iron supports the healthy growing of the embryo and the strong bone system of the baby.

Calcium is used during pregnancy and lactation for bone and teeth development, breast milk production and for maternal calcium stores.

Zinc is important for normal cell division and DNA synthesis, and is especially important for the development of the baby's immune system.

Vitamins (e.g. folic acid, vitamins B,C and D) are indispensable compounds, which act as regulators for the entire metabolic process, and are necessary for the proper function of the body.

Minerals (e.g. magnesium and calcium) **and trace elements** (e.g. iodine, copper, selenium, chromium, molybdenum, iron and zinc) fulfill important tasks in the body as construction elements and regulator substances in the bones and connective tissues. They also function as activators or components of enzymes, hormones and red blood cells.

FOOD SUPPLEMENT	
30 coated tablets + 30 softgels	
Serving size:	1 tablet or 1 softgel
Servings per container:	30 tablets + 30 softgels
CONTENT PER TABLET	
Vitamin C	200 mg
Vitamin B1 (Thiamine hydrochloride)	1.50 mg
Vitamin B2 (Riboflavin)	1.70 mg
Vitamin B3 (Nicotin)	20 mg
Folic acid	400 µg
Biotin	0.03 mg
Vitamin B12	0.006 mg
Vitamin B6	2 mg
Zinc	1.8 mg
Iodine	0.22 mg
Selenium	0.03 mg
Molybdenum	0.05 mg
Calcium	50 mg
Copper	1 mg
Magnesium	15 mg
Iron	27 mg
Potassium	0.042 mg
Manganese	2 mg
Vitamin B5	6 mg
Chromium	0.05 mg
TABLET	
Other ingredients: bulking agents: microcrystalline cellulose, sorbitol; anti-caking agents: magnesium salts of fatty acids, cross-linked sodium carboxymethyl cellulose, stearic acid, silicon dioxide; glazing agents: gum arabic, carrageenan.	
CONTENT PER SOFTGEL	
Fish Oil	400 mg
including:	
-eicosapentaenoic acid (EPA)	200 mg
-docosahexaenoic acid (DHA)	40 mg
Vitamin D	0.01 mg
Vitamin E	13.52 mg
SOFTGEL	
Other ingredients: coat capsule: bovine gelatin, glycerol.	

Micronutrients The body needs micronutrients (vitamins, minerals and trace elements) on a daily basis. It is therefore recommended to maintain a regular supply during pregnancy and while breastfeeding your baby. The intake of just one multivitamin tablet per day helps provide the vitamins, minerals and trace elements you need when planning pregnancy, during pregnancy and during the breastfeeding period.

BEFORE YOU TAKE MATRIVIR PLUS:

Do not take Matrivir Plus if you are allergic to any of the excipients.

Take special care with MATRIVIR PLUS

- Do not exceed the recommended daily dose/amount
- If you are taking other supplements, read the label, since supplements may contain the same ingredient.
- Product contains iron, which can be harmful to children if taken in large doses. In case of accidental overdose, contact your doctor or poison control centre immediately.

Pregnancy and Breastfeeding

MATRIVIR PLUS is scientifically formulated for pregnant and breastfeeding women and women planning pregnancy.

HOW TO USE MATRIVIR PLUS:

Recommended for women planning pregnancy, during pregnancy, and while breastfeeding. Take 1 softgel and 1 tablet daily, or as directed by a physician.

The recommended daily dose should not be exceeded.

A varied and balanced diet and a healthy lifestyle are important, and this product should not be used as a substitute for a balanced diet.

If more MATRIVIR PLUS has been used than recommended:

In case of accidental overdose, discontinue use and seek professional assistance immediately.

The following signs and symptoms may be associated with an overdose of MATRIVIR PLUS.

Gastrointestinal disorders:

Diarrhoea

Metabolism and nutrition disorders:

Hypervitaminosis D

POSSIBLE SIDE-EFFECTS:

The following side effects may be associated with the use of Matrivir Plus and are listed under their corresponding body system organ class:

Gastrointestinal disorders:

Abdominal discomfort, constipation, diarrhoea, nausea

Immune system disorders:

Hypersensitivity

STORAGE INSTRUCTIONS:

Store at or below 25°C in a cool, dry place.

Do not use this product after the expiry date.

STORE OUT OF REACH AND SIGHT OF CHILDREN.

PACKING:

30 coated softgels + 30 tablets and internal leaflet in a carton box.

Marketing Authorization Holder:

BioActiveT Sp. z o.o.

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