



Miofolic®

Leaflet

Ingredients 1 sachet contains: myo-inositol – 2000 mg, folic acid in a form of glucosamine salt (6S)-5-methyltetrahydrofolic acid – 200 µg, vitamin B12 (cyanocobalamin) – 2.5 µg. Net weight 1 sachet – 2.1 g (± 5 %).

Nutritional value Content per 100 g of product: proteins – 0.0 g, fats – 0.0 g, carbohydrates – 100 g; content per 1 sachet: proteins – 0.0 g, fats – 0.0 g, carbohydrates – 2.2 g. Energy value (caloric value): per 100 g of product – 1700 kJ/400 kcal; per 1 sachet – 36 kJ/8 kcal.

Functional properties Miofolic® comprises three key components:

- Myo-inositol
- Vitamin B12
- Folic acid in a patented, metabolic active form of (6S)-5-methyltetrahydrofolate

Folic acid contributes to maternal tissue growth during pregnancy and maintenance of the metabolism of some hormones and hormone-like substances. It is involved in the process of cell division, and is necessary for the growth and development of the hematopoietic and immune systems. Folic acid is also essential for the creation and maintenance of healthy cells, so its presence is particularly important in times of rapid body development, for example in the early stages of fetal development and in early childhood.

Folic acid contributes to the formation of the nervous system in the fetus. It is essential for cell division, for the growth and development of all organs and tissues, and for the normal development of the embryo and blood formation processes.

Vitamin B12 contributes to normal energy-yielding metabolism. It is important for the regulation of reproductive functions, plays an important role in the functioning of blood-forming organs, and contributes to normal functioning of the nervous system.

Miofolic® does not contain cow's milk proteins, lactose or sweetening agents, and can be consumed by people intolerant to these substances.

Recommended for women both preparing for pregnancy and throughout the pregnancy itself.

Warning: Do not exceed the recommended daily dosage. Food supplements should not be used as a substitute for a balanced diet and healthy lifestyle. Consult your doctor before use.

Directions: Take 2 sachets per day, 1 in the morning and 1 in the evening before meals. Add content to water, stir and drink. Do not exceed recommended intake.

Storage: Store at temperature from 0 to 25°C in the original package, in a dry place, away from light. Keep out of reach of children. Use within 3 years from the date of manufacture. The Best Before date and batch number are specified on package. 30 sachets in the package.

Manufacturer. Efferta Sp. z o.o. Spolka Komandytowa, str. Gdanska 3, Czastkow Mazowiecki, 05-152 Czosnow, Poland by the order of Tanacetum s.r.o., Svabinskeho 1700/4, 702 00 Ostrava, Czech Republic. Distributed by: Amaxa LTD, 31 John Islip Street, London SW1P 4FE, United Kingdom.

Visit www.miofolic.com to find out more about fertility, PCOS and Miofolic