

PACKAGE LEAFLET
for dietary supplement
Miofolic®

Composition.

1 sachet contains: myo-inositol – 2000 mg, folic acid in a form of glucosamine salt (6S)-5-methyltetrahydrofolate – 200 µg, vitamin B12 (cyanocobalamin) – 2,5 µg.
Net weight 1 sachet – 2,1 g (± 5 %). Non GMO.

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

Myo-inositol helps normalize the menstrual cycle and ovulation, aids the functioning of the reproductive system of the organism and the normal development of the embryo, and improves the overall metabolism of the organs and systems.

A central function of myo-inositol is its work in the intracellular signaling and service of insulin receptors, reproductive hormones, growth factors, catecholamines.

Myo-inositol is used to support the reproductive and cardiovascular systems, immune and central nervous system, to improve the metabolism of sugars and kidneys and liver functions, and to normalize the level of testosterone and prolactin in plasma. Mio-inositol can be used for polycystic ovary syndrome, improving fertility, type II diabetes and insulin resistance, inadequate or unbalanced nutrition, as an adjunct in chronic hepatitis and liver diseases, and for the prevention of hypovitaminosis.

Myo-inositol has the following effects on the human organism:

- increased fertility;
- normalization of the menstrual cycle and ovulation;
- improved maturation and quality of germ cells, way out of the mature forms;
- improved sensitivity to insulin;
- aiding the elimination of some skin problems and the reduction of excess hair growth on the body and face;
- aiding the immune, cardiovascular and nervous systems, the kidneys and liver.

Folic acid in the composition of Miofolic® is represented as 5-methyltetrahydrofolate – a metabolically active form that does not require additional changes in the body, unlike usual folic acids, which are contained in food and most products.

Folate ((6S)-5-methyltetrahydrofolate) plays an important role in the maintenance of the metabolism of some hormones and hormone-like substances, 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: in the early stages of fetal development and in early childhood. Folic acid contributes to the formation of the nervous system in the fetus, 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 is necessary for providing a better assimilation of folic acid, as well as strengthening and complementing its functions.

Vitamin B12 is responsible for improving immunity, helping to maintain a proper energy metabolism, and preventing anemia. It is important for the regulation of reproductive functions, plays an important role in the functioning of blood-forming organs, keeps the nervous system in a healthy condition, aids concentration and memory, and reduces irritability.

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

Recommendations for use.

Miofolic® is used for improving reproductive functions in women, normalizing the hormone ratio; contributing to the normalization of ovulation and the stimulation of spontaneous ovulation in cases of polycystic ovarian syndrome (PCOS). Miofolic® improves the condition of germ cells, the appearance of skin and hair, and for strengthening the body in general.

You should use Miofolic® in cases of:

- anovulatory infertility in women with PCOS;
- immature of oocytes;
- absence of ovulation;
- insulin resistance in women with PCOS;
- hyperandrogenism (hirsutism), dysmenorrhea (oligo-/amenorrhea);
- low quality oocytes and embryos;
- polycystic ovaries.

You should use Miofolic® to prevent:

- prematurely deteriorated ovary syndrome;
- gestational diabetes in patients with PCOS;
- macrosomias in PCOS;
- development of fetal malformations during preparation for pregnancy and early pregnancy;
- miscarriage at early stages in patients with PCOS.

Precautions.

Do not exceed the recommended daily dosage. Dietary supplements should not be used as a substitute for a balanced diet. Individual sensitivity to the constituents of the supplement. Consult your doctor before use. Dietary supplement. Miofolic® is not a medicinal product.

Recommended dosage.

1-2 sachets per day. Dissolve the contents of a sachet in 200 ml of warm water, mix thoroughly and drink immediately after preparation. Recommended duration of use from 3 to 6 months.

Storage conditions.

Store at room temperature in the original package, in a dry place, away from light and moisture. Keep out of reach of children. Do not use after the expiry date. Shelf life – 2 years from the date of manufacture. The expiry date and batch number are specified on package.

Dosage form. Powder in a sachet; 30 or 60 sachets in the package.