

## Orthomol Natal 30 Granules + Caps

EAN: 8470001811585

FABRICANTE: ORTHOMOL



*Food supplement with important micronutrients for preconception, pregnancy and lactation. Orthomol natal contains a combination of specific micronutrients for all stages: preconception, pregnancy and lactation.*

### DESCRIPTION

#### What is Orthomol® Natal?

Orthomol® Natal is a food supplement. Important micronutrients for preconception, pregnancy and lactation. Orthomol® Natal contains a combination of folic acid and Quatrefolic®. Quatrefolic® is an active form of folic acid, which is available to the body without prior conversion and therefore has a higher bioavailability. Folic acid contributes to the growth of maternal tissue during pregnancy. Supplemental intake of folic acid increases folate levels in pregnant women. Low maternal folate is a risk factor for neural tube defects in the developing fetus. The beneficial effect is obtained with a supplementary intake of 400 µg of folic acid per day for a period of at least one month before and up to three months after conception (Target group: women of childbearing age). Maternal intake of docosahexaenoic acid (DHA) contributes to the normal development of the brain and eyes of the fetus and infant.

#### Note for pregnant and breastfeeding women:

The beneficial effect is obtained with a daily intake of 200 mg of DHA, in addition to the recommended daily omega-3 fatty acid intake of 250 mg of DHA and EPA. Iron contributes to the normal formation of red blood cells and hemoglobin. Choline contributes to normal homocysteine metabolism. Calcium, magnesium, zinc, iron, vitamin D, vitamin B12 and folate contribute to the cell division process. Vitamin C, vitamin B6, vitamin B12, vitamin D, folic acid, iron, zinc, selenium and copper contribute to the normal functioning of the immune system. Calcium is necessary for the maintenance of bones in normal conditions. Vitamin K and vitamin D, as well as zinc and magnesium, contribute to the maintenance of normal bones. Vitamin D contributes to the normal absorption and utilization of calcium. Iodine and selenium contribute to normal thyroid function. Calcium and magnesium contribute to normal muscle function. Vitamin C, riboflavin (vitamin B2), vitamin B6, vitamin B12, folic acid, niacin, pantothenic acid and magnesium help reduce tiredness and fatigue. With cultures of lactic acid bacteria, lutein and zeaxanthin.

#### How to use

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241222  
<https://bio-farma.es/buy/f/orthomol/orthomol-natal-30-granules-caps>



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Take the contents of one sachet dissolved in 200 ml of still water daily along with the capsules from the sachet and one capsule from the blister during or after a meal.

### How long should I take Orthomol® Natal?

Nutrition before, during and after pregnancy plays an important role in your child's development. A diet rich in micronutrients is also important during breastfeeding, since through breast milk it provides your baby with important nutrients for life and growth. By taking Orthomol® Natal you can also contribute to providing a complement of micronutrients to your child during pregnancy and breastfeeding. Supplementation with Orthomol® Natal is recommended for women who wish to have a child. Micronutrients are needed daily; Regular use is recommended.

### Important observations

? Orthomol® Natal contains iodine. If you suffer from thyroid disease, please consult your doctor before taking Orthomol® Natal.

? In case of glucose tolerance disorders, use only under careful metabolic control (6.1 g of carbohydrates per daily serving).

? Neural tube defects can also have causes other than insufficient folic acid intake. Therefore, increasing the level of folate cannot prevent the formation of defects in the neural tube in all cases. ? During pregnancy the requirement for iron and often also for magnesium is particularly high. Therefore, an additional contribution of these substances may be necessary. Your gynecologist will advise you on this.

? Do not exceed the recommended daily dose.

? Food supplements should not be used as substitutes for a varied and balanced diet and a healthy lifestyle. ? Keep out of the reach of little kids.

### Other useful information

? Orthomol® Natal is free of lactose and gluten.



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? In isolated cases, slight belching may occur due to the fish oil content (omega-3 fatty acids) in the capsules.

? The product contains beta-carotene which has a strong coloring effect. Some stains, for example on clothing, are difficult to remove.

? The gelatin included in this product is of bovine origin.

? The following associated symptoms may appear when taking Orthomol® Natal: yellow color of urine or slight coloration of breast milk due to the vitamin B2 content.

? Each woman reacts differently during pregnancy. For this reason, certain women may present mild gastrointestinal disorders after taking the lactic acid bacteria capsule.

### What is the composition of Orthomol Natal?





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Vitaminas	Por ración diaria	% VRN**
Vitamina A, que incluye de beta-caroteno	333 µg ER ^	42
Vitamina D	15 µg (600 UI°)	300
Vitamina E	36 mg alfa-ET°°	300
Vitamina K	60 µg	80
Vitamina C	110 mg	138
Vitamina B1 (Tiamina)	3 mg	273
Vitamina B2 (Riboflavina)	3,5 mg	250
Niacina	12 mg EN*	75
Vitamina B6	5 mg	357
Ácido fólico, de los cuales	500 µg	250
Ácido pteroilmonoglutámico	300 µg	
Ácido (6S)-5-metiltetrahidrofólico-sal de glucosamina, (Quatrefolic®)	200 µg	
Vitamina B12	9 µg	360
Biotina	150 µg	300
Ácido pantoténico	18 mg	300
Minerales	Por ración diaria	% VRN**
Calcio	400 mg	50
Magnesio	180 mg	48
Hierro	5 mg	36
Zinc	5 mg	50
Cobre	1 mg	100
Selenio	30 µg	55
Cromo	60 µg	150
Molibdeno	80 µg	160
Yodo	150 µg	100
Otras sustancias	Por ración diaria	% VRN**
Ácidos grasos omega-3, que incluye:	360 mg	***
Ácido eicosapentaenoico (EPA)	40 mg	***
Ácido docosahexaenoico (DHA)	300 mg	***
Colina	100 mg	***
Luteína	2,5 mg	***
Zeaxantina	500 µg	***
Cultivos de bacterias ácido lácticas Lactococcus lactis, Lactobacillus casei, Lactobacillus acidophilus, Bifidobacterium bifidum	3 x 10 <sup>10</sup> UFC°°°	***

^ ER = Equivalentes Retinol ° UI = Unidades Internacionales Alfa-T  
 °°° UFC = Unidades Formadas de Colonias Niacina  
 \*\* VRN = Valor Referencia Nutrientes según reglamento UE 1169/2011  
 \*\*\* Recomendación europea no disponible

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### What are the ingredients in Orthomol Natal?

Dextrose, resistant corn dextrin, calcium lactate, magnesium salts of citric acid, citric acid acidifier, **fish** oil (4.2%), calcium carbonate, flavor, calcium gluconate, corn starch, gelatin (beef), bitartrate choline, magnesium carbonate, humectant glycerol, L-ascorbic acid, coating agent hydroxypropylmethylcellulose, anti-caking agent silicon dioxide, DL-alpha-tocopheryl acetate, zinc gluconate, sweeteners steviol glycosides, selected microorganisms ( *Lactococcus lactis*, *Lactobacillus casei*, *Lactobacillus acidophilus*, *Bifidobacterium bifidum* ), calcium D-pantothenate, ferrous fumarate, nicotinamide, lutein from *Tagetes erecta* extract, magnesium salts of fatty acids, emulsifier mono and diglycerides of fatty acids, pyridoxine hydrochloride, emulsifier sunflower lecithins, beta-carotene, thiamine hydrochloride, iron oxide dyes, D-xylose stabilizer, riboflavin, Gellan gum coating agent, copper sulfate, zeaxanthin from *Tagetes erecta* extract, (6S)-5-methyltetrahydrofolic acid glucosamine salt, pteroylmonoglutamic acid, chloride chromium (III), sodium molybdate, potassium iodide, D-biotin, sodium selenate, phylloquinone, cholecalciferol, cyanocobalamin.

### Storage

Store in a cool, dry place.


### Presentation

Orthomol® Natal comes in the form of granules and 3 capsules.

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