



What is Vidofe®?

Vidofe® is a women's health supplement specifically chosen based on proven and recognized deficiencies in order to supplement the mother as well as the baby and reduce any deficiency related risks.

Vidofe® takes into account the nutritional needs and deficits of pregnant women or nursing mothers, and provides the necessary nutrients without the additional unneeded components of Multi-Vitamins.

Vidofe® Principles of Nutrition:

- 1) The protective role of folic acid on neural tube defects.
- 2) Vitamin D3 and iodine as necessary micronutrients to pregnant and lactating women.
- 3) The key role of polyunsaturated fatty acids in the maturation of the brain and retina of the fetus.
- 4) Vidofe® combines personalized supplementation on prescription (Iron, Calcium, Magnesium) in pharmacological doses.

Vidofe® In Summary

Nutritional composition per day:

- 1 softgel in bovine gelatin
- Folic acid (Vitamin B9) 400 mcg
- 5 micrograms vitamin D3
- Iodine 150 mcg
- Fish oil rich in fatty acids of the -3 series Ω 275 mg including DHA 124 mg
- Natural Vitamin E 10 mg

Presentation:

In boxes of 30 capsules (one month of use)

Dose:

- One capsule daily before a meal, early in pregnancy, and for the duration of breastfeeding.
- For women seeking to conceive, one capsule daily one month before the presumed date of conception.

What The Doctors Are Saying

MYTH: A PREGNANT WOMAN SHOULD EAT MORE.

"In fact, you have to eat a little more: the energy cost of pregnancy is 100 kcal per day during the second quarter, and 200 to 250 kcal per day the third. But we must balance its energy intake: 20% protein, 25% to 30% fat, 50% to 55% carbohydrates." (Pregnancy Fact Sheet, USDA).

MYTH: IF A PREGNANT WOMAN EATS BALANCED, SHE DOES NOT NEED VITAMIN SUPPLEMENTS.

"The need for trace elements and vitamins are increased during pregnancy, both because the physiological and metabolic changes induced in the mother increase the micronutrient needs, but also because the fetus draws from maternal stores. A balanced diet can, in principle, lead to a normal pregnancy. There are exceptions: folic acid (vitamin B9), vitamin D3 and iodine, which require adaptation of the diet or supplementation. Same as for the long-chain fatty acids of the omega-3 series." (What should I eat during pregnancy, USDA)