

## Omegamed Optima Start

### Capsules

#### Dietary supplement.

#### Product for women planning pregnancy and in the first days of pregnancy.

Omegamed® Optima START is a preparation prepared specially for women planning pregnancy and in the first months of pregnancy. Optimal content worked out with participation of specialists ensures everyday portion of ingredients important for amongst others proper development of brain and eyes in foetus and breastfed infants\*.

Omegamed® Optima START contains recommended ingredients in unique combination:

1. DHA from algae (Life's DHA®): 250 mg
2. Complex source of folates ActiFolin®: folic acid (400 µg) + active form of folic acid (400 µg)
3. Vitamin D: 2000 i.u.
4. Iodine: 200 µg

Omegamed® Optima Start doesn't contain fish oil thanks to which the product is well-tolerated and doesn't intensify nausea.

\*Health claim: „Consuming of docosahexaenoic acid (DHA) by mother supports proper development of brain and eyes in foetus and breastfed infants”. Beneficial effect appears in case of consuming 200 mg of DHA daily over consuming of omega-3 fatty acids for adults, i.e. 250 mg of DHA and eicosapentaenoic acid (EPA).

Varied diet and healthy lifestyle are important to stay healthy.

### Content:

Ingredients: capsule content: oil from microalgae Schizochytrium sp. containing DHA (docosahexaenoic acid) [algal oil; high oleic sunflower oil; flavouring; antioxidants: tocopherol-rich extract, fatty acid esters of ascorbic acid]; thickener: mono-and diglycerides of fatty acids; emulsifier: lecithins; cholecalciferol (vitamin D); glucosamine salt of (6S)-5-methyltetrahydrofolate (folic acid-active form); pteroylmonoglutamic acid (folic acid); potassium iodate (iodine). Capsule shell: gelatin; humectant: glycerol; colour: iron oxides and hydroxides.

Active ingredient	Recommended daily intake – 1 capsule
Actifolin® - folic acid (pteroylmonoglutamic acid) - folic acid active form	400 µg (200% NRV*, 100% RDA**) 400 µg (200% NRV*, 100% RDA**)
Iodine	200 µg (133% NRV*, 100% RDA**)
Vitamin D	50 µg (2000 i.u. 1000% NRV*, 100% RDA**)
DHA	200 mg

\*NRV- Nutrient Recommended Values



\*\*RDA Recommended Daily Allowance defined in experts' opinion Dębski R., Paszkowski T., Wielgoś M. Stosowanie złożonych źródeł folianów w profilaktyce wad cewy nerwowej. Standardy Medyczne profilaktyka zdrowotna Nr 1. Tom 1.

## How to use:

Capsule should be swallowed and drunk with water. Preparation should be taken during or after meal.

### Recommended daily intake:

1 capsule a day.

Do not exceed the recommended daily intake of the product.

Dietary supplement cannot be used as a substitute of a varied diet.

Do not use with observed hypersensitivity to any ingredient of the product.

## Packing:

- Net weight: 23 g (30 DHA capsules □ 767 mg)