

## Actifolin 0,8 mg

Film-coated tablets.

Dietary supplement.

For pregnant women and for women planning pregnancy.

Folates (including folic acid) belong to a group of vitamins from group B which dissolve in water. They take part in a process of cells division and help in proper production of blood. They are especially important for the developing foetus. Supplemental consumption of folic acid increases a level of folates in mother's. Low level of folates in mother's is a risk factor for neural tube defects in foetus<sup>1</sup>. According to experts' recommendations, each mother-to-be as well as all women in reproductive age who may get pregnant should additionally take proper quantity of folates- in form of 0,4 mg of folic acid per 24 hours<sup>2,3</sup>. Unfortunately, there may occur a situation when a woman planning pregnancy and already pregnant woman won't be able to absorb proper quantity of traditional form of folic acid. Science research conducted in Poland confirmed that such problem is genetic and may concern even 50% of women<sup>4</sup>. So how can we be sure that we provide proper quantity of this valuable ingredient to a child? Preparation ActiFolin® comes to the aid which provides unique complex source of folates. Validity for use of complex source of folates to prevent neural tube defects in every pregnant women and planning pregnancy is confirmed by stance of group of experts from gynecology<sup>5</sup>. If you are not sure if you absorb folic acid properly start taking preparation ActiFolin®.



ActiFolin® is a ground-breaking preparation containing complex source of folates:

1. folic acid

and additionally

2. active, ready to use form of folate of IV generation especially for women who may have problem with absorption of traditional folic acid. This folate is characteristic for its better solubility and higher bioavailability in comparison to folate of III generation<sup>6,7</sup>. Preparation ActiFolin® is a product for women in reproductive age, planning pregnancy and pregnant. One tablet of ActiFolin® provides 0,4 mg of folic acid and 0,4 mg of active form of folate Quatrefolic®. Quatrefolic® owns a safety status GRAS (Generally Recognized as Safe) awarded by FDA (Food and Drug Administration).

Varied diet and healthy lifestyle are important to stay healthy.

### Content:

Ingredients: bulking agents: cellulose, sorbitols; thickener: hydroxypropyl methyl cellulose, hydroxypropyl cellulose; anti-caking agents: polyvinylpyrrolidone, polyethylene glycol; glucosamine salt of (6S)-5-methyltetrahydrofolic; pteroylmonoglutamic acid; bulking agent: talc; medium chain triglycerides of saturated fatty acids; colour: titanium dioxide, iron oxide and iron hydroxide, riboflavins.

Active ingredients	Recommended daily intake- 1 tablet
Folic acid:	800 µg (0,8 mg) [400% NRV <sup>1</sup> ; 100% RDA <sup>2</sup> ]

• Active form of folate (glucosamine salt of (6S)-5-methyltetrahydrofolic)	• 400 µg (0,4 mg) [200% NRV <sup>1</sup> ; 100% RDA <sup>2</sup> ]
• Folic acid (pteroylmonoglutamic acid)	• 400 µg (0,4 mg) [200% NRV <sup>1</sup> ; 100% RDA <sup>2</sup> ]

<sup>1</sup>NRV - % of Nutrient Reference Values (for adults)

<sup>2</sup>RDA – Recommended Daily Allowance according to statement of experts Dębski R., Paszkowski T., Wielgoś M. Stosowanie złożonych źródeł folianów w profilaktyce wad cewy nerwowej. Standardy Medyczne/ Profilaktyka zdrowotna Nr 1. Tom 1. 2015

## How to use:

Recommended daily intake- 1 tablet.

Tablets should be swallowed and drunk with water.

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

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

## Packing:

- Net weight: 7,5 g (30 tablets □ 0,25 g)

## Literature:

1. Health claim: „Supplemental consumption of folic acid increases a level of folates in mother’s. Low level of folates in mother’s is a risk factor for neural tube defects in foetus”. Beneficial effect appears in case of everyday supplemental consumption of dose of 400 µg of folic acid for at least 1 month before conception and maximum 3 months after conception. There are many risk factors of disease which the claim concerns. Change of one of these risk factors may have a beneficial effect or may not have any.
2. Recommendations of Polish Gynecologist Society in range of use of vitamins and microelements in women planning pregnancy, pregnant women and breastfeeding. Ginekol.Pol. 2014, 85, 395-399.
3. Stance of Team of Experts of Department of Health and Social Security. Żyw Człow Metabol 1997;24:91–95.
4. Seremak-Mrozikiewicz A. i wsp. Archives of Perinatal Medicine 19(1), 12-18, 2013.
5. Dębski R. Paszkowski T. Wielgoś M. Stosowanie złożonych źródeł folianów w profilaktyce wad cewy nerwowej oraz innych zaburzeń spowodowanych niedoborami folianów w okresie planowania ciąży i w ciąży. Standardy Medyczne profilaktyka zdrowotna Nr 1. Tom 1. 2015.
6. Gnosis S.p.A. Pre-clinical study In vivo comparative oral bioavailability of Quatrefolic® in rats versus folic acid and (6S)-5-MTHF calcium salt.
7. Gnosis S.p.A. Clinical study crossover comparative bioavailability study of Quatrefolic® compared with the reference Metafolin® in health volunteers.