Polski Lek S.A.

Actifolin 0,8 mg

Film-coated tablets.
Dietary supplement.
For pregnant women and for women planning pregnancy.

Actifolin® contains folic acid and ready for use, better-absorbable form of folates of the IV generation. It's a unique source of folates which guarantees the fastest absorption and the best bioavailability. The preparation is recommended for women in the reproductive age who plan pregnancy and who are pregnant as well as for people who have increased demand for folates, especially for folic acid.

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.[1,2]

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[1]; 100% RDA[2]]
• Active form of folate (glucosamine salt of (6S)-5-methyltetrahydrofolic)	• 400 µg [200% NRV[1]; 100% RDA[2]]
• Folic acid (pteroylmonoglutamic acid)	• 400 µg [200% NRV[1]; 100% RDA[2]]

[1]NRV - % of Nutrient Reference Values (for adults)
[2]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:

Use: Swallow tablet with small amount of water.

Recommended daily dosage: 1 tablet.

Do not exceed recommended servings for consumption during the day.
Dietary supplements should not be used as a substitute for a varied diet.

Packing:

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

Literature:

1. EFSA Journal (2004) 135, 1-20
2. EFSA Journal 2013; 11(10):3358