



Polski Lek®

## PRENALEN POSITIVE MAMA

### Dietary Supplement

Effervescent tablets for pregnant woman and breastfeeding mothers.

Prenalen Positive Mum is a unique formula enriched with natural ingredients like extracts of lavender and lemon balm. It has been developed to envelop you with soothing care, helping you maintain calmness, balance of mind and body. So that every day is full of positive energy..

Magnesium in the form of magnesium citrate, and vitamin C in the form of Ester C® combine optimal absorption with a gentle form of vitamin C for the stomach, because you need and desire only the best for yourself. According to studies, Ester C® demonstrates better absorption, longer-lasting effects in the body, and is gentler on the stomach compared to ascorbic acid <sup>1-6</sup>.



The B-complex vitamins provide support not only for the functioning of your nervous system but also for maintaining normal psychological functions.

"Prenalen POSITIVE Mama" is also a conscious choice for you - our formula is vegan-friendly. Without added sugar, gluten, or lactose, ensuring uncompromising quality of ingredients.

Did you know what Baby Blues are? It's quite common - over 85% of women experience postpartum sadness known as Baby Blues\*. In such states, it's valuable to consider supporting your body and well-being with specially formulated products for pregnant and breastfeeding women.

With ingredients like those in Prenalen Positive Mama, support your psychological functions and maintain a positive mood to cherish precious moments at every stage of motherhood.

Choosing a dietary supplement specifically designed for pregnant and breastfeeding women is crucial for both you and your child to meet your unique needs.

### Content:

**Ingredients:** acidity regulators: citric acid, sodium carbonates; ; bulking agent: sorbitols; magnesium salts of citric acid lavender herb extract (*Lavandula angustifolia* Mill.) DER 4:1; natural flavourings; lemon balm herb extract (*Melissa officinalis*); DER 10:1; calcium l-ascorbate (ESTER C®); anti-caking agents: polyvinylpyrrolidone, polyethylene glycol; nicotinic acid amide; thiamine hydrochloride; pyridoxine hydrochloride; cyanocobalamin; colour: carotenes; sweetener: sucralose, steviol glycosides from stevia; mango juice in powder – 0,1%; orange juice in powder – 01%. No added sugar. Contains naturally occurring sugars.

The content of vitamins, minerals, and other active ingredients in the recommended daily portion - two tablets (% of the Recommended Daily Allowance for adults)

**Storage instructions:** Store in a dry place at temperatures below 25°C. Keep out of reach of small children. Protect from light.

Vitamin C (Ester C®)	40 mg (50%)
Niacin	16 mg (100%)
Thiamine	1,1 mg (100%)
Vitamin B12	2,5 µg (100%)
Vitamin B6	1,4 mg (100%)
Magnesium	112,5 mg (30%)
Lemon Balm extract DER 10:1	100 mg (-)
Narrow-leaved lavender DER 4:1	200 mg (-)

## How to use:

Dissolve 1 tablet in a glass (200 ml)

of cold water.

It is recommended to consume 2 tablets per day. Do not exceed the recommended daily intake. Dietary supplements should not be used as a substitute for a varied diet. A balanced diet and healthy lifestyle are important for maintaining health. Excessive consumption may have a laxative effect.

Best before/lot number: (on the bottom of the tube).

## Packing:

- 20 effervescent tablets

## Literature:

1. Mitmesser i wsp., 2016, „Determination of plasma and leukocyte Vitamin C concentrations in a randomized, double blind, placebo – controlled trial with Ester C”.
2. Combs i wsp., 2008, „Vitamin C metabolites independent of smoking significantly improve leukocytes, but plasma ascorbate does not”.
3. Wright i wsp., 1990, „Comparative studies of ester C vs L-ascorbic Acid”.
4. Bush i Verlangieri, 1987, „An acute study on the relative gastro-intestinal absorption of novel form a calcium ascorbate”.
5. Bernal i wsp., 1999, „Vitamin C uptake in white blood cells in vivo”.
6. Gruenwald i wsp., 2006, „Safety and tolerance of Ester C compared with regular ascorbic acid”.

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