

Betavitevit 400 folna sa vitaminom B₁₂

30 tablets

Dietary supplement

With sweetener

- ✓ **Folic acid supplement increases maternal folate intake, which is essential for proper growth and development of the fetus during pregnancy**

1 tablet average neto mass contains: 200 mg

Ingredients:	100 g of product contains:	1 tablet (200 mg) contains:	%RDA*
Folic acid	200 000 µg	400 µ	200%
Vitamin B ₁₂ (cyanocobalamin)	1500 µg	3 µ	120%

*RDA - Recommended Dietary Allowances

Other ingredients: corn starch, sweetener: E 420, anti-caking agent: E 460(i), aroma, anti-caking agents: E 551 and E 470b.

Nutritive information:	100 g of product on average contains:	1 tablet on average contains:
Energetic value kj (kcal)	1434 (339)	2.868 (0.678)
Carbohydrates (g)	76.16	0.152
Proteins (g)	0.28	0.00056
Fats (g)	0.46	0.00092

Effects:

Betavitevit folna 400 tablets contain folic acid and vitamin B₁₂. Folic acid belongs to the group of vitamins B and is essential for nucleic acid syntesis (RNA and DNA). It has a very important role in formation of red blood cells, which transport oxygen to all body parts and enable cell function in the body. Folic acid deficiency leads to anemia. Women planning pregnancy and pregnant women need a higher amount of folic acid in the body. Low levels of folic acid during pregnancy is connected with low birth weight of infants and an increased risk of neural tube damage. Vitamin B₁₂ stimulates the formation of red blood cells, it participates in the synthesis of genetic material and formation of myelin which forms a protective layer around nerves. Vitamin B₁₂ helps in transformation of folic acid into its active form in the body. Folic acid and Vitamin B₁₂ influence the level of aminoacid homocystein – it prevents its increase. The increased values of homocystein are connected with heart failure, depression, lower concentration and memory.

Instruction for use: 1 tablet a day. It is recommended to take the tablet before meal, everyday at the exact same time.

Notes: The daily recommed dose should not be exceeded. Dietary supplements are not the replacement for a healthy diet. Excessive use may cause lacsative effect.

Storage: Keep at temperature below 25°C, in a dark and dry place, out of the reach of children.

Best before: 3 years.

Packaging: A box with 30 tablets in blister packaging.

Manufacturer: ESENSA d.o.o. Slobodna zona Belgrade, Viline vode bb, Republic of Serbia

Country of origin: Republic of Serbia