

Mamms Extra life

Multivitamins + extra omega-3 fatty acids and folic acid
30 capsules + 30 tablets



PROLIFE
P H A R M A

- Read all of this leaflet carefully before you start using Mamms Extra life.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This product has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

- **Selenium:** is also active as an antioxidant and thus protects the cells of the body against oxidative stress and damage.
- **Chromium:** helps to move blood sugar from the bloodstream into the cells to be used as energy.
- **Antioxidants:** present in Mamms Extra Life under the form of blueberry powder , antioxidants protect our bodies from damage by oxidative stress.

In this leaflet:

1. What Mamms Extra life is and what it is used for
2. What you need to know before you take Mamms Extra life
3. How to take Mamms Extra life
4. Possible side effects
5. How to store Mamms Extra life
6. Contents of the pack and other information

1. WHAT MAMMS EXTRA LIFE IS AND WHAT IT IS USED FOR

Mamms Extra life is a food supplement that contains a range of vitamins, minerals and trace elements that suit the needs of a pregnant and breast-feeding woman. During pregnancy (and also the months after giving birth), women often experience a lack of energy and tiredness, particularly, because a pregnant woman must provide for all needed nutrients, not only for her own body but also for that of her child. Mamms Extra life provides you and your baby with folic acid and other important nutrients during pregnancy and breast-feeding like the B-vitamins, vitamin C, D3 and E and a range of minerals and trace elements (explained more in detail below).

Folic acid, which is one of the B vitamins, is essential for the optimal development of the neural tube during pregnancy, and furthermore, contributes to tissue growth, including the formation of the placenta. Next to folic acid, Mamms Extra life contains the essential omega-3 fatty acids: docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), provided in the form of capsules, containing deodorized fish oil, rich in these omega-3 fatty acids.

Mamms Extra life also contains a special nutrient complex of vitamins and minerals to support optimal functioning of your body:

Vitamins present in Mamms Extra life:

- **B-vitamins:** increase the daily energy levels, increase focus and help to maintain a healthy and active mind.
- **Vitamin C:** improves wound healing, promotes a healthy immune system and aids in the absorption of iron.
- **Vitamin D:** important for the growth and maintenance of strong bones and teeth.
- **Vitamin E:** has an antioxidant effect as it inhibits the oxidation of unsaturated fatty acids and thus supports the protection of the body's cells against oxidative stress.

Minerals present in Mamms Extra life:

- **Zinc:** responsible for a number of different functions in the human body and it helps stimulate the activity of 100 different enzymes.
- **Manganese:** has antioxidant properties. It contributes to the protection of cells from oxidative stress. It also promotes normal bone growth.
- **Jodid:** contributes to a normal functioning thyroid in the mother and normal production of the thyroid hormones.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE MAMMS EXTRA LIFE

Do not take Mamms Extra life vitamins if:

- you are allergic (hypersensitive) to any of the ingredients of Mamms Extra life (listed in section 6).
- You are having other vitamin supplements.
- You are allergic to fish or shellfish, as this product is made with deodorized fish oil.

Warnings and precautions

Talk to your doctor or pharmacist before taking Mamms Extra life if:

- You have a bleeding condition caused by lack of vitamin K.
- You are taking medicines to thin your blood (anticoagulants).
- You have urinary stones (vitamin D and vitamin C may have an effect on stone formation).
- You are taking an oral contraceptive pill.
- You have ever had a thrombosis.
- You are due to have or have had surgery recently.
- you have had a trauma recently.
- you have a kidney problem.
- you have diabetes which is not controlled.
- you have/have had problems with your liver. Your doctor will monitor any effects Mamms Extra life may have on your liver with blood tests.

Other medicines and Mamms Extra life

Tell your doctor or pharmacist if you are taking, have recently taken or might take any medicines, including oral contraceptives, anticoagulants and any medicines obtained without a prescription. Your dosage may need to be adjusted.

The effect of the treatment can be affected if this product is taken simultaneously with certain other drugs:

- Heart problems (cardiac glycosides such as digoxin)
- High blood pressure (thiazide diuretics)
- Supplements containing aluminium
- Calcipotriene (drug similar to Vitamin D)
- Anticoagulants (warfarin, low weight heparines)
- Treatment of seizures (phenytoin and fosphenytoin, primidone, phenobarbital)
- Treatment of arthritis (methotrexate)

Pregnancy & breast-feeding

Mamms Extra life is especially formulated for pregnant and breast-feeding women. However the recommended dosage (see section 3 below) should not be exceeded.

3. HOW TO TAKE MAMMS EXTRA LIFE

Always take Mamms Extra life exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Mamms Extra life may not be used in children under the age of 12.

Dosage

1 capsule + 1 tablet daily (unless otherwise advised by your doctor or pharmacist)

Do not exceed the recommended daily dosage.

Do not chew the capsule but swallow them whole, preferably during/after a meal.

Take them with a glass of water.

Free from alcohol, artificial colours and gluten

The dosage is meant to match the highest European standards and recommendations. Therefore, the recommended daily intake indicated may not be exceeded. Dietary supplements should not replace a varied diet. A healthy lifestyle and a varied balanced diet is important for maintaining good health.

If you take more Mamms Extra life than you should

If you may have taken more Mamms Extra life than you should, talk to your doctor or pharmacist immediately. If you take an excessive amount of this product, there's a risk at a vitamin E and vitamin D overdose, although it's unlikely to cause any serious harm. Some symptoms of vitamin E and D overdose are loss of appetite, excessive thirst, abnormal increased urine secretion, abdominal pain, nausea, vomiting, diarrhoea or constipation, headache, tiredness, blurred vision, internal bleeding due to reduced blood coagulation. If you experience one of these symptoms after taking too much Mamms Extra life, talk to your doctor immediately or go to the nearest hospital.

If you forget to take Mamms Extra life

If you miss a dose of Mamms Extra life, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once.

4. POSSIBLE SIDE EFFECTS

Like all supplements, Mamms Extra life vitamins can cause side effects, although not everybody gets them.

Some omega-3 fatty acids side effects may not need medical attention. As your body gets used to the product, these side effects may disappear. For example, when you take Mamms Extra life with food, it may help reduce the gastro-intestinal side effects you are experiencing. But do check with your health care professional if any of the following side effects continue, or if you are concerned about them.

The following common side effects have been reported:

- Diarrhoea
- Nausea, vomiting
- Burping
- Change in taste
- Loss of taste
- Bad breath
- Heartburn
- rash
- Headache
- Dizziness
- Unusual weakness or tired feeling
- Loss of appetite
- Dry mouth
- Metallic taste
- Stomach cramps, mild stomach pain
- Bloating feeling
- Easy bruising or bleeding (nose bleeds, bleeding gums)

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

5. HOW TO STORE MAMMS EXTRA LIFE

Keep Mamms Extra life out of the reach of children.

Do not use Mamms Extra life vitamins after the expiry date which is printed on the carton and the label. The expiry date refers to the last day of the month.

Store at room temperature away from moisture and heat. Do not store Mamms Extra life above 25°C. Do not freeze.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away food supplements you no longer use. These measures will help to protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Mamms Extra life capsules + tablets contain:

Mamms Extra life capsules and tablets are transparent soft gelatin capsules containing pale yellow oil and pink oval tablets. Mamms Extra life is available in the following pack sizes: 3 x 10 caps + tab

Mamms Extra life capsules + tablets

Multivitamins + extra omega-3 fatty acids and folic acid

Nutritional information	Per capsule
Omega-3 fatty acids in 500 mg fish oil:	
EPA	18%
DHA	12%
Nutritional information	Per tablet
zinc	9 mg
Manganese	2 mg
Jodid	175 mcg
Selenium	55 mcg
Chromium	50 mcg
Vitamin B1	1.5 mg
Vitamin B2	1.6 mg
Vitamin B3 (niacin)	17 mg
Vitamin B5	6 mg
Vitamin B6	1.5 mg
Vitamin B8 (biotin)	150 mcg
Vitamin B9 (folic acid)	400 mcg
Vitamin B12	2 mcg
Vitamin D3	10 mcg
Vitamin E	10 mg
Vitamin C	85 mg
Blueberry powder	80 mg

Deodorized fish oil (containing EPA and DHA), Ascorbic acid (vitamin C), DL-alpha-tocopheryl acetate (Vitamin E), Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12), Folic acid (Vitamin B9), Nicotinamide (niacin), Thiamine mononitrate (Vitamin B1), Pyridoxine hydrochloride (Vitamin B6), Riboflavin 5-phosphate (Vitamin B2), Calcium D pantothenate (vitamin B5), Zinc citrate, blueberry powder, Manganese bisglycinate, Selenmethionine, Chromium chloride, Jodid potassium

Other ingredients:

Tablets:

Separating agent: Magnesium stearate, coating agent: Hypromellose, Pigment: Titanium dioxide, bulking agent: Talc, Polydextrose, Microcrystalline cellulose, lubricant: Polyethylene glycol, glyceryl dibehenate, coloring agent: Allura red, Ferric oxide black, Ironfumerate, Copperbisglycinate.

Capsules:

Coating agent: Gelatin, Glycerin, water, Antioxidant: D-alpha tocopherol.