



With each woman in the different stages of her life

INTERNATIONAL PRODUCT LIST 2024



With each woman in the different stages of her life Gynea offers products exclusively formulated to accompany women in the most important moments of their lives. **Every stage is unique, and so is every woman.**





GYNERING[®]

MAIN ACTIVE INGREDIENTS:

Etonogestrel (0.120 mg) and Ethinylestradiol (0.015 mg).

MAIN BENEFITS:

- Combined hormonal contraceptive low-dose, for intravaginal use, based on etonogestrel and ethinylestradiol.
- Eva Polymer **Gynering**[®] is a flexible vaginal ring, easy to use and confortable.
- Does not require cold storage.
- Better accomplishment: does not require daily intake.

FORMAT:

- 1 Box with 1 vaginal ring.
- 1 Box with 3 vaginal rings.
- 1 Box with 6 vaginal rings.

MARKET POSITIONING: Contraceptives.

POSOLOGY:

Consult technical sheet: https://cima.aemps.es/cima/dochtml/ft/82755/FT_82755.html

EU CLASSIFICATION:

Medicine.



INGREDIENTS:

Each vaginal ring contains 11.7 mg of etonogestrel and 2.7 mg of ethinylestradiol. Also contains ethylene-vinyl acetate copolymer (28% vinyl acetate) and ethylene-vinyl acetate copolymer (9% vinyl acetate) and magnesium stearate.



GESTAGYN[®] PRECONCEPTION

MAIN ACTIVE INGREDIENTS:

DHA Microalgae, Folic Acid, Iron (Ferginate[®]), Vitamin A (Betacarotene), Vitamin D3, and , Zinc and other vitamins and minerals.

MAIN BENEFITS:

- Iron contributes to normal formation of red blood cells and haemoglobin.
- **Ferginate**[®] is a ferric saccharate microencapsulated in a matrix that protects it from the acid pH of the stomach. Its release is progressive and its absorption is optimal in the duodenum, avoiding gastrointestinal side effects.
- Vitamin A has a role in the process of cell specialisation.
- Supplemental **folic acid** intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus. The beneficial effect is obtained with a supplemental folic acid daily intake of 400 µg for at least one month before and up to three months after conception.¹
- **Zinc** contributes to normal fertility and reproduction.
- Vitamin B6 contributes to the regulation of hormonal activity.

FORMAT:

30 capsules. 4 capsules (sample).

MARKET POSITIONING:

Maternity and fertility.

POSOLOGY:

1 capsule a day.

EU CLASSIFICATION:

Food supplement.

I. The abnormal development of the fetus is due to multiple risk factors. Changing any of these factors may or may not have a beneficial effect.



INGREDIENTS:

NUTRIENT	MG/CAPSULE	%NRV
DHA (docosahexaenoic acid) microalgae	100 mg	
Folic acid (L-methylfolate)	400 µg	200%
Vitamin A (retinol equivalent)	700 µg	88%
Vitamin B6	1.4 mg	100%
Vitamin B12	2.5 µg	100%
Vitamin D3	20 µg (800 UI)	400%
Vitamin E (alpha-tocopherol equivalent)	12 mg	100%
Iron (Ferginate®)	18 mg	129%
Iodine	150 µg	100%
Selenium	55 µg	100%
Zinc	10 mg	100%





GESTAGYN[®] PREGNANCY

MAIN ACTIVE INGREDIENTS:

DHA Microalgae, Folic Acid, Iodine, Iron (Ferginate[®]), Vitamin A (Betacarotene), Vitamin D3 and other vitamins and minerals.

MAIN BENEFITS:

- **Docosahexaenoic acid (DHA)** maternal intake contributes to the normal brain development of the foetus.
- Supplemental folic acid intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus. The beneficial effect is obtained with a supplemental folic acid daily intake of 400 µg for at least one month before and up to three months after conception.¹
- **Iron** contributes to normal formation of red blood cells and haemoglobin.

FORMAT:

30 capsules. 4 capsules (sample).

MARKET POSITIONING:

Maternity and fertility.

POSOLOGY:

1 capsule a day.

EU CLASSIFICATION:

Food supplement.

1. The abnormal development of the fetus is due to multiple risk factors. Changing any of these factors may or may not have a beneficial effect.

INGREDIENTS:

NUTRIENT	MG/CAPSULE	%NRV
DHA (docosahexaenoic acid) microalgae	200 mg	
Iron (Ferginate®)	14 mg	100%
Folic acid (L-methylfolate)	400 µg	200%
Vitamin B5	6.0 mg	100%
Biotin	50 µg	100%
Vitamin A (retinol equivalent)	700 µg	88%
Vitamin B1	1.1 mg	100%
Vitamin B2	1.4 mg	100%
Vitamin B3 (niacine equivalent)	16 mg	100%
Vitamin B6	1.4 mg	100%
Vitamin B12	2.5 µg	100%
Vitamin C	80 mg	100%
Vitamin D3	20 µg (800 UI)	400%
Vitamin E (alpha-tocopherol equivalent)	12 mg	100%
Vitamin K	75 µg	100%
Copper	1000µg	100%
Chromium	40 µg	100%
Manganese	2.0 mg	100%
Molybdenum	50 µg	100%
Selenium	55 µg	100%
Iodine	150 µg	100%
Zinc	10 mg	100%

NRV: Nutritional Reference Value.





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MATERNITY AND FERTILITY | 9

GESTAGYN[®] BREASTFEEDING

MAIN ACTIVE INGREDIENTS:

DHA Microalgae, Iron (Ferginate[®]), Vitamin C, Selenium , Zinc and other vitamins and minerals.

MAIN BENEFITS:

- **Docosahexaenoic acid (DHA)** maternal intake contributes to the normal development of the brain and eyes of the breastfed infants.
- Iron and Vitamin C contribute to the normal function of the immune system and to the reduction of tiredness and fatigue.
- Biotine, Selenium and Zinc contribute to the maintenance of normal hair.
- Supplemental folic acid intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus. The beneficial effect is obtained with a supplemental folic acid daily intake of400 µg for at least one month before and up to three months.¹

FORMAT:

30 capsules. 4 capsules (sample).

MARKET POSITIONING:

Maternity and fertility.

POSOLOGY: 1 capsule a day.

EU CLASSIFICATION:

Food supplement.

l. The abnormal development of the fetus is due to multiple risk factors. Changing any of these factors may or may not have a beneficial effect.

INGREDIENTS:

NUTRIENT	MG/CAPSULE	%NRV
DHA (docosahexaenoic acid) microalgae	200 mg	
Iron (Ferginate®)	14 mg	100%
Folic acid (L-methylfolate)	300 µg	150%
Vitamin B5	6.0 mg	100%
Biotin	50 µg	100%
Vitamin A (retinol equivalent)	1000 µg	125%
Vitamin B1	1.1 mg	100%
Vitamin B2	1.6 mg	114%
Vitamin B3 (niacine equivalent)	16 mg	100%
Vitamin B6	2.0 mg	143%
Vitamin B12	2.5 µg	100%
Vitamin C	100 mg	125%
Vitamin D3	20 µg (800 UI)	400%
Vitamin E (alpha-tocopherol equivalent)	15mg	125%
Vitamin K	75 µg	100%
Copper	1000 µg	100%
Chromium	40 µg	100%
Manganese	2.0 mg	100%
Molybdenum	50 µg	100%
Selenium	55 µg	100%
Iodine	200 µg	133%
Zinc	10 mg	100%

NRV: Nutritional Reference Value.





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GESTAGYN® PLUS

MAIN ACTIVE INGREDIENTS:

Folic Acid, DHA, Iodine, Iron Bysglicinated, Vitamin A (Betacarotene), Vitamin D3 and other vitamins and minerals.

MAIN BENEFITS:

- Supplemental **folic acid** intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing fetus.¹²
- **Docosahexaenoic acid (DHA)** maternal intake contributes to the normal development of the eye and brain of the fetus and breastfed infants.^{2,3}

FORMAT:

30 capsules. 4 capsules (sample).

MARKET POSITIONING:

Maternity and fertility.

POSOLOGY:

1 capsule a day.

EU CLASSIFICATION:

Food supplement.

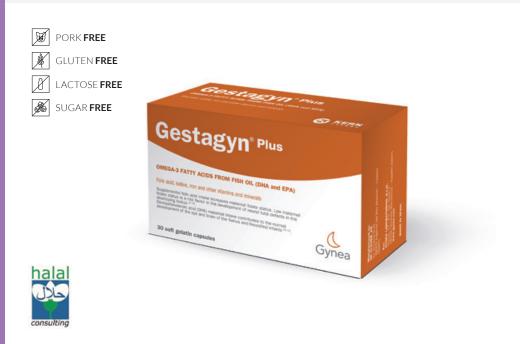
l. The beneficial effect is obtained with a supplemental folic acid daily intake of 400 μg for at least one month before and up to three months after conception.

2. The abnormal development of the fetus is due to multiple risk factors. Changing any of these factors may or may not have a beneficial effect."

3. For pregnant and lactating women, the beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for adults, i.e. 250 mg docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA).

INGREDIENTS:

NUTRIENT	MG/CAPSULE	%NRV
Fish Oil	400 mg	
• Omega 3	240 mg	
- DHA (docosahezaenoic acid)	200 mg	
- EPA (eicosapentaenoic acid)	24 mg	
Folic Acid	400 µg	200%
Vitamin B5	6,0 mg	100%
Biotin	50 µg	100%
Vitamin A (retinol equivalent)	700 µg	87,5%
Vitamin B1	1.1 mg	100%
Vitamin B2	1.4 mg	100%
Vitamin B3 (niacine equivalent)	16 mg	100%
Vitamin B6	1.4 mg	100%
Vitamin B12	2.5 µg	100%
Vitamin C	80 mg	100%
Vitamin D3	5 µg (200 UI)	100%
Vitamin E (alpha-tocopherol equivalent)	8 mg	66,7%
Iron Bysglicinate	14 mg	100%
Iodine	150 µg	100%
Zinc	10 mg	100%



GESTAGYN[®] MEN

MAIN ACTIVE INGREDIENTS:

Astaxanthin, DHA, Zinc, Selenium, Melatonin and other vitamins and minerals.

MAIN BENEFITS:

- **Astaxanthin:** powerful antioxidant that reduces ROS (reactive oxygen species) and contributes to improve sperm quality.
- **DHA:** main fatty acid of the spermatic membrane that contributes to improve sperm morphology, concentration and vitality.
- **Zinc** contributes to normal fertility.
- Selenium contributes to normal spermatogenesis.
- Zinc, Selenium and Vitamin E contribute to the protection of cells from oxidative stress.

FORMAT:

60 capsules. 4 capsules (sample).

MARKET POSITIONING:

Maternity and fertility.

POSOLOGY:

1 capsule a day.

EU CLASSIFICATION:

Food supplement.



INGREDIENTS:

NUTRIENT	MG/CAPSULE	%NRV
DHA (docosahexaenoic acid)	500 mg	
Astaxanthin	8 mg	
Zinc	10 mg	100%
Selenium	55 µg	100%
Coenzime Q10	100 mg	
Melatonina	0.5 mg	
Vitamin B9 (folate)	200 µg	100%
Vitamin B12	2.5 µg	100%
Vitamin E (alpha-tocopherol equivalent)	12 mg	100%



GESTAMEN[®]

MAIN ACTIVE INGREDIENTS:

DHA, Folic Acid, Zinc, Selenium, Coenzyme Q10, Melatonin, Vitamins C and E, and other vitamins.

MAIN BENEFITS:

- **DHA:** main fatty acid of the spermatic membrane that contributes to improve sperm morphology, concentration and vitality.
- **Zinc** contributes to normal fertility.
- **Selenium** contributes to normal spermatogenesis.
- **Zinc, Selenium** and **Vitamin E** contribute to the protection of cells from oxidative stress.

FORMAT:

30 capsules. 4 capsules (sample).

MARKET POSITIONING:

Maternity and fertaility.

POSOLOGY:

1 capsule a day.

EU CLASSIFICATION:

Food supplement.



INGREDIENTS:

NUTRIENT	MG/CAPSULE	%NRV
DHA (docosahexaenoic acid)	400 mg	
Zinc	10 mg	100%
Selenium	55 µg	100%
Coenzime Q10	100 mg	
Melatonin	1 mg	
Vitamin B9 (folate)	200 µg	100%
Vitamin B12	2.5 µg	100%
Vitamin C	100 mg	125%
Vitamin E (alpha-tocopherol equivalent)	12 mg	100%



MELAGYN[®] GEL

MAIN ACTIVE INGREDIENTS:

Melaleuca alternifolia (Tea tree) Leaf Oil.

MAIN BENEFITS:

- Restores and protects the intimate area.
- It relieves itching and irritation of the woman's intimate area.
- Restores and protects the intimate area skin and leave the skin feeling refreshed and comfortable.
- Mantain the vulvar pH with its physiological parameters.
- Dermatologically and gynaecologically tested.
- pH>8

FORMAT:

200 ml. 5 ml sachet (sample).

MARKET POSITIONING:

Intimate care.

POSOLOGY:

Moisten the intimate area with water, apply until get the lather and rinse with plenty of water. One or two applications a day are recommended for regular intimate hygiene. External use.

EU CLASSIFICATION:











MELAGYN[®] MOUSSE

MAIN ACTIVE INGREDIENTS:

Melaleuca alternifolia (Tea tree) Leaf Oil.

MAIN BENEFITS:

- Restores and protects the intimate area.
- It relieves itching and irritation of the woman's intimate area.
- Restores and protects the intimate area skin and leave the skin feeling refreshed and comfortable.
- Mantain the vulvar pH with its physiological parameters.
- Dermatologically and gynaecologically tested.
- Physiological pH.

FORMAT:

150 ml. 50 ml (sample).

MARKET POSITIONING:

Intimate care.

POSOLOGY:

Perform 1-2 pumps, apply to the intimate area and rinse with plenty of water. It can be used once or twice a day as needed.

EU CLASSIFICATION:







Đ	CLINICALLY TESTED
Ø	SUITABLE FOR SENSITIVE SKINS
×	GLUTEN FREE
Ø	LACTOSE FREE





MELAGYN[®] PREGNANCY GEL

MAIN ACTIVE INGREDIENTS:

Aloe barbadensis Leaf Juice, Hamamelis virginiana Leaf Extract, Inulin, Alpha-Glucan Oligosaccharide, Lactic Acid.

MAIN BENEFITS:

- Intimate daily hygiene and protection specially formulated for pregnancy, breastfeeding and postpartum.
- Gently cleanses providing protection and freshness in the intimate area (pH 4,5). Formula without soap and without fragrance.

FORMAT:

200ml.

MARKET POSITIONING:

Intimate care.

POSOLOGY:

It is recommended to use 1 or 2 times a day. If the woman has an infection or feels the itching or discomfort, it can be used twice a day.

EU CLASSIFICATION:

Cosmetic.







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Å	GLUTEN FREE
Ø	LACTOSE FREE



MELAGYN[®] SPRAY

MAIN ACTIVE INGREDIENTS:

Melaleuca alternifolia (Tea tree) Leaf Oil.

MAIN BENEFITS:

- Restores and protect the intimate area. It relieves itching and irritation of the woman's intimate area.
- Dermatological and gynaecologically tested.

FORMAT:

50 ml.

MARKET POSITIONING:

Intimate care.

POSOLOGY:

Spray on the intimate area as needed to relieve local itching and burning. Do not rinse the intimate area.

EU CLASSIFICATION:











MELAGYN[®] WIPES

MAIN ACTIVE INGREDIENTS:

Melaleuca alternifolia (Tea tree) Leaf Oil.

MAIN BENEFITS:

• Intimate hygiene and protection. Dermatologically and gynaecologically tested.

FORMAT:

Flow-pack (15 wipes). 1 box that contains 14 individual sachets.

MARKET POSITIONING:

Intimate care.

POSOLOGY:

Apply the wet wipes on the intimate area without rinsing. It does not need drying.

EU CLASSIFICATION:







MELAGYN[®] VAGINAL MOISTURIZER

MAIN ACTIVE INGREDIENTS:

Hialuronic acid, Centella asiatica, Aloe vera, Glycoproteins, Alpha-gluco-oligosaccharides.

MAIN BENEFITS:

- Mucoadhesive moisturizing gel for vulvovaginal dryness.
- Moisturizes and contributes to the recovery of the flexibility and elasticity of the vaginal mucosa.

FORMAT:

Tube 60 g + 21 applicators. Tube 3 g + 1 applicator.

MARKET POSITIONING:

Intimate care.

POSOLOGY:

Apply 2.5 g of gel 2 times per week. It can be used daily if necessary. It can be applied in the vulvo perineal area in case of vulvar dryness.

EU CLASSIFICATION:

Personal care product.









MELAGYN[®] VULVAR MOISTURIZER

MAIN ACTIVE INGREDIENTS:

Hialuronic acid, Centella asiatica, Aloe vera, Melaleuca alternifolia (Tea tree) Leaf Oil, MPC[®] (Milk Protein Complex) and Syricalm[®].

MAIN BENEFITS:

- Mucoadhesive moisturizing gel for vulvar dryness.
- Moisturizes inmediately and contributes to the recovery of the flexibility and elasticity of the external mucosa.
- Helps soothe and relieve itching of the vulvar area.

FORMAT:

Tube 30 g. Tube 5g (Sample).

MARKET POSITIONING:

Intimate care.

POSOLOGY:

Clean the intimate area and, once dry, apply twice a day, morning and evening, massaging gently until completely absorbed.

EU CLASSIFICATION:









MELAGYN[®] JUNIOR

MAIN ACTIVE INGREDIENTS:

Melaleuca alternifolia (Tea tree) Leaf Oil.

MAIN BENEFITS:

- Intimate hygiene and protection for kids over 3 years old and up to 12 years old.
- Soothing properties and natural deodorant effect of Melaleuca alternifolia (Tea tree) Leaf Oil.
- Does not dry out.
- Maintains the physiological balance of children's intimate area.
- pH 5.

FORMAT:

200 ml.

MARKET POSITIONING:

Intimate care.

POSOLOGY:

Apply to the area to be washed previously moistened with water. Rinse thoroughly and dry. In girls, dry from the vulva towards the anus, never the other way around.

Use in children older than 3 years. Dermatologically, pediatric and gynecologically tested.

EU CLASSIFICATION:

Cosmetic.





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LACTOSE FREE







MAIN ACTIVE INGREDIENTS:

Melaleuca alternifolia (Tea tree) Leaf Oil.

MAIN BENEFITS:

- Effective corporal hygiene for sensitive and dry skin.
- Relieves itching providing freshness and leaving skin softer and smoother.
- Dermatologically tested.
- For all family members.
- For sensitive skin.
- pH 5.5.

FORMAT:

500 ml.

MARKET POSITIONING:

Intimate care.

POSOLOGY:

Moisten the area, apply in a lather and rinse with plenty of water. Use in children older than 3 years.

EU CLASSIFICATION:









CIMINOCTA®

MAIN ACTIVE INGREDIENTS:

Cimicifuga racemosa extract, Melatonin and Vitamin B6.

MAIN BENEFITS:

- Cimicifuga racemosa helps women to maintain a calm and comfortable menopause and overcome associated signs such as hot flashes, sweating, restlessness and irritability.
- Melatonin contributes to the reduction of time taken to fall asleep.
- Vitamin B6 contributes to the reduction of tiredness and fatigue and to the regulation of hormonal activity.

FORMAT:

30 capsules. 4 capsules (sample).

MARKET POSITIONING: Maturity/menopause.

POSOLOGY:

1 Capsule a day shortly before going to sleep, for a minimum of 2 months.



INGREDIENTS:

Cimicifuga racemosa dry root extract (4-9:1) 20 mg. Vitamin B6 1.4 mg (100% NRV). Melatonin 1 mg.

NRV: Nutritional Reference Value.

FOR VEGANS

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MATURITY / MENOPAUE | 23

CIMINOCTA® FORTE

NEW

MAIN ACTIVE INGREDIENTS:

Cimicifuga racemosa extract, Saffron extract (*Crocus sativus L.*), Olive extract, Melatonin, Vitamin B6, Vitamin D3.

MAIN BENEFITS:

- With extracts of *Black cohosh*, *Crocus sativus*, Olea europaea, melatonin and vitamins B6 and D3.
- **Black cohosh** helps women maintain a calm and comfortable menopause and overcome associated signs such as hot flushes, sweating, restlessness and irritability.
- · Crocus sativus supports emotional and physical well-being.
- **Olea europaea** extract, with hydroxytyrosol (a polyphenol from olive oil), helps protect blood lipids against oxidative damage.
- Melatonin helps to reduce the time it takes to fall asleep.
- **Vitamin B6** reduces tiredness and fatigue and regulates hormonal activity.
- Vitamin D3 contributes to the normal absorption and utilisation of calcium and to the maintenance of normal bones.

FORMAT:

30 capsules.

4 capsules (sample).

MARKET POSITIONING:

Maturity/menopause.

POSOLOGY:

1 Capsule a day shortly before going to sleep, for a minimum of 2 months.

EU CLASSIFICATION:

Food supplement.





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LONGYVIT®

MAIN ACTIVE INGREDIENTS:

Vitamin K2 (menaquinone-7), DHA microalgae, B Group Vitamins, Iron, Vitamin D, Copper, Selenium and other vitamins and minerals.

MAIN BENEFITS:

- Vitamin K contributes to the maintenance of normal bones.
- **DHA** contributes to maintenance of normal brain function and normal vision.
- Vitamins B2, B3, B5, B6, B9, B12 and iron contribute to the reduction of tiredness and fatigue.
- **Copper, Selenium, Zinc** and **Vitamins B2, C** and **E** contribute to the protection of cells from oxidative stress.

FORMAT:

30 tablets. 4 tablets (sample).

MARKET POSITIONING:

Maturity/menopause.

POSOLOGY:

1 capsule a day, preferably before a meal, accompanied by a little liquid. It is recommended to take a minimum of 3 months.

EU CLASSIFICATION:

Food supplement.

INGREDIENTS:

NUTRIENT	MG/CAPSULE	%NRV
DHA (docosahexaenoic acid) microalgae	160 mg	
Vitamin B9 (folic acid)	200 µg	100%
Vitamin B5	6.0 mg	100%
Biotin	50 µg	100%
Vitamin A (retinol equivalent)	800 µg	100%
Vitamin B1	1.1 mg	100%
Vitamin B2	1.4 mg	100%
Vitamin B3 (niacine equivalent)	16 mg	100%
Vitamin B6	1.4 mg	100%
Vitamin B12	2.5 µg	100%
Vitamin C	80 mg	100%
Vitamin D3	5 µg (200 UI)	100%
Vitamin E (alpha-tocopherol equivalent)	12 mg	100%
Vitamin K (Vitamin K2)	45 µg	60%
Cooper	lmg	100%
Chromium	40 µg	100%
Iron	14 mg	100%
Magnesium	60 mg	16%
Selenium	55 µg	100%
Iodine	150 µg	100%
Zinc	10 mg	100%

NRV: Nutritional Reference Value.





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SEXUAL HEALTH | 25

GYNFEEL®

MAIN ACTIVE INGREDIENTS:

Tribulus terrestris, Saffron (*Crocus sativus*), Damiana (*Turnera aphrodisiaca*) extracts and vitamins A, B5, B6.

MAIN BENEFITS:

- Tribulus terrestris extract enhance the desire and the sexual ability.
- **Crocus sativus (Saffron)** extract stimulates the libido and helps to mantain a positive mood.

FORMAT:

30 tablets. 4 capsules (sample).

MARKET POSITIONING:

Sexual health.

POSOLOGY:

1 capsule a day accompanied by liquid. It is recommended to take a minimum of 3 months to observe the desired effect. This product is intended for adults. Do not use during pregnancy or breastfeeding.

EU CLASSIFICATION:

Food supplement.



INGREDIENTS:

NUTRIENT	MG/CAPSULE	%NRV
Tribulus terrestris extract	500 mg (100 mg of <i>protodiosc</i> i	in)
Turnera aphrodisiaca extract	50 mg	
Crocus sativus extract	30 mg	
Vitamin B5	6 mg	100%
Vitamin B6	1.4 mg	100%
Vitamin A (retinol equivalent)	800 µg	100%



GYNEFER[®]

MAIN ACTIVE INGREDIENTS:

Iron (Ferginate®), Vitamin C, Vitamin B12 (Methylcobalamin), Coenzyme Q10.

MAIN BENEFITS:

- Ferginate® is a ferric saccharate microencapsulated in a matrix that protects it from the acid pH of the stomach. Its release is progressive and its absorption is optimal in the duodenum, avoiding gastrointestinal side effects.
- Iron contributes to normal formation of red blood cells and haemoglobin.
- Iron, vitamin C and vitamin B12 contribute to the reduction of tiredness and fatigue.
- Vitamin C increases iron absorption.

FORMAT:

30 capsules. 4 capsules (sample).

MARKET POSITIONING:

Vitamin and mineral defficiency.

POSOLOGY:

1 capsule a day or the dose recommended by your doctor or pharmacist. It can be taken before, during or after meals.

EU CLASSIFICATION: Food supplement.



INGREDIENTS:

MG/CAPSULE	%NVR
30 mg	214%
80 mg	100%
2.5 µg	100%
100 mg	
	30 mg 80 mg 2.5 μg

NRV: Nutritional Reference Value.





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With each woman in the different stages of her life