

Description:

Natalcare is available as F.Cablet. Each tablet contains Vitamin C, A, D3, E, B1, B2, B3, B6, B12, Zinc, FolicAcid, Calcium and Iron as active ingredients, for oral use.

Serving Size: 1 F.C Tablet	Serving per countainer 30	
Active Ingredients	Amount per serving	DV%
Vitamin A	4000 IU	50
Vitamin C	100 mg	167
Vitamin D3	400 IU	100
Vitamin E	11 IU	37
Vitamin B1 (Thiamine)	1.5 mg	88
Vitamin B2 (Riboflavin)	1.7 mg	85
Vitamin B3 (Niacin)	18 mg	90
Vitamin B6 (Pyridoxin)	2.6 mg	104
FolicAcid	800 mcg	100
Vitamin B12	4 mcg	50
Calcium (as carbonate)	250 mg	19
Zinc (as oxide)	25 mg	167
Iron (as Fumarate)	27 mg	150

Percent daily value is based on a 2000 calories diet.

Inactive Ingredients:

Povidone, Hydroxypropylcellulose, Microcrystalline Cellulose, Talc, Magnesium Stearate, Croscarmellose Sodium, Polyethylene glycol.

Category:

Supplement

Indications:

Natalcare is used to help maintain general health and provide essential vitamins during pregnancy and breastfeeding.

Functional Properties:**Vitamin A**

Vitamin A is a fat-soluble vitamin and plays an important role in various parts of the body such as vision, supporting the immune system and fetal development. Sufficient amounts of vitamin A in the mother's diet are necessary for the formation of the skeletal system and vital organs of the fetus.

Vitamin C

During pregnancy, maintaining adequate levels of this vitamin is vital for the health of the mother and the developing fetus. The need for vitamin C increases during pregnancy and breastfeeding, which indicates its importance.

Vitamin D3

Vitamin D plays an important role in the process of proliferation, differentiation and maturation of cells. It is also important for placental function, calcium homeostasis and bone mineralization, all of which are determinants for fetal development.

Vitamin E

Vitamin E is a fat-soluble vitamin and antioxidant that plays an important role in supporting the health of the mother and fetus. According to new research, the lack of this vitamin is probably related to low birth weight and premature delivery.

Some actions of vitamin E during pregnancy and breastfeeding include:

Maintaining the health of cells in the mother and fetus by dealing with oxidative stress and protecting the integrity of the cell membrane

Supporting the functioning of the immune system and the body's defense mechanisms

Maintaining the health and elasticity of the skin and reducing the cracks caused by stretching the skin with the growth of the uterus

Vitamin B1 (Thiamine)

Vitamin B1, also known as thiamine, is an essential water-soluble vitamin that plays an important role in maternal and fetal energy metabolism by helping to convert carbohydrates into energy. Also, thiamine contributes to the normal functioning of the nervous system, muscles and heart and is necessary for the proper functioning of the nervous system and brain of the fetus.

Vitamin B2 (Riboflavin)

This vitamin is a part of the coenzyme structure and is involved in the vital processes of the body, including energy production, growth and cell differentiation. Getting enough of it during pregnancy and breastfeeding is very important.

Vitamin B3 (Niacin)

Vitamin B3 or niacin has multiple roles from energy metabolism to cell health, repair of genetic material and improvement of nervous system function.

Vitamin B6 (Pyridoxin)

Vitamin B6 during pregnancy and lactation help produce hemoglobin to support increased blood volume and oxygen demand, synthesis of specific hormones, including hormones related to mood regulation and helping to improve mood changes and

postpartum depression, Improvement of nausea and vomiting during pregnancy.

Folic Acid

Vitamin B9 or folic acid is in the group of B vitamins and its importance in the health of the fetus is not hidden from anyone. The need for folate increases during pregnancy due to its role in nucleic acid production. Its deficiency is associated with the risk of giving birth to a baby with neural tube defects, Premature birth and delayed fetal growth.

Vitamin B12 (Cyanocobalamin)

Vitamin B12 or cyanocobalamin is very important for the formation of red blood cells, nervous system health, energy metabolism and DNA synthesis, and fetal development. Its deficiency increases the risk of anemia in pregnancy, defects in the formation of the neural tube of the fetus and delay in growth.

Calcium

Calcium is the most abundant mineral in the body, and the need to get it in pregnant and lactating mothers is related to maintaining the health of bones and teeth. Especially during breastfeeding when the need for calcium in milk production increases, its adequate intake is important to maintain bone reserves. Fetuses and newborns also need calcium for better development of skeletal structure, nerve function and muscle contraction.

Iron

Iron is one of the most important micronutrients for mother and fetus. Blood volume increases by 50% during pregnancy to deliver oxygen and nutrients to the fetus. Following the increase in blood volume, the need for iron increases for the synthesis of a sufficient amount of hemoglobin. Severe iron deficiency anemia in pregnancy increases the risk of premature delivery, low birth weight and postpartum depression.

Zinc

Zinc is one of the essential minerals in the body that about 100 enzymes need it to carry out chemical reactions such as making DNA, growing cells, healing damaged tissues and making proteins. Zinc plays an important role in helping cells grow and multiply and is needed during periods of rapid growth such as pregnancy.

Contraindications:

You should NOT take Natalcare tablet if you:
Have hypersensitivity to any of the ingredients of this product.

Pregnancy and Breastfeeding:

If you are pregnant, think you may be pregnant or are planning to have a baby, ask your physician or pharmacist for advice before taking this product.

Warnings and Precautions:

This product is a supplement and is not intended for prevention diagnosis and treatment. Talk to your physician or pharmacist before taking this product if you:

- Have pernicious anemia
- Have history of iron overload disorder (such as hemochromatosis, hemosiderosis), use/abuse of alcohol, liver problems, stomach/intestinal problems (such as ulcer, colitis).

Drug Interaction:

Please tell your physician or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription. This applies especially to the medicines listed below:

bisphosphonates (for example, Alendronate), Levodopa, Penicillamine, Ciprofloxacin, Levofloxacin, Levothyroxine, Tetracycline antibiotics (for example, Doxycycline, Minocycline) and anti-seizure drugs (such as Phenytoin).

Dosage and Administrations:

Always take this supplement exactly as your physician has told you.
Take one tablet per day with water, preferably with a meal.

Side effects:

Like all supplement, this supplement can cause side effects, although not everybody gets them. possible side effects of Natalcare tablet are:

Common or very common (incidence > 1%): Constipation, diarrhea, or upset stomach.

Rare or very rare (incidence < 0.1%): Serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.

Storage:

Keep this product below 30°C and protect from moisture and direct light.
Keep out of reach of children.

Marketing authorization holder: Iran Daru Co.

Manufactured at Iran Daru pharmaceutical company

Reference:

Drug Fact, BNF