

For the dietary management of
women with thyroid autoimmunity

Preconceptional supplement without iodine. Contains 800 µg folic acid and selenium. Sustained vitamin C-release.

What is Fertilovit® F^{THY}?

Fertilovit® F^{THY} is a dietetic food for special medical purposes tailored to meet the needs of women with autoimmune thyroiditis who are planning for pregnancy. Its specific composition helps to prepare the female body for conception and early pregnancy, thus providing excellent conditions for the healthy development of the new baby.

- ✓ Without iodine
- ✓ Important antioxidants, partly with sustained release
- ✓ Folic acid
- ✓ Selenium
- ✓ B-vitamins
- ✓ Iron
- ✓ Magnesium
- ✓ Coenzyme Q10

Autoimmune thyroiditis and the desire for children

Chronic autoimmune thyroiditis is an auto-immune disease of the thyroid gland. It can occur in various forms. In Hashimoto's thyroiditis, the commonest form, the patient's body produces auto-antibodies directed against healthy thyroid cells, destroying them. As a consequence of this, thyroid hormone production decreases substantially (thyroid hypofunction or hypothyroidism). The rarer Graves' disease, on the other hand, is associated with the production of antibodies directed against a signaling molecule on the thyroid cells' surface. This causes the thyroid cell to produce an excessive amount of thyroid hormones (thyroid hyperfunction or hyperthyroidism). In the long run, however, many patients experience thyroid hypofunction as well.

It is estimated that one in six women have a predisposition for autoimmune thyroiditis. However, it still is not clear which reasons and triggers are responsible for the onset of the disease. Scientific studies have found associations with a variety of factors, such as genetic factors, excess iodine exposure, changing levels of sexual hormones during pregnancy or menopause, smoking or radiation.

Symptoms are diverse and vary individually.

Thyroid hyperfunction is associated with symptoms such as sleeplessness, nervousness, hot flashes, rapid heartbeat and hair loss. Thyroid hypofunction on the other hand results in weight gain, fatigue and generally diminished performance, sensitivity to cold, diminished ability to concentrate and even depressive disorder.

Women who wish to conceive suffer particularly from diminished sexual desire, impaired menstrual cycles, decreased fertility and increased risk of miscarriage. In these cases fertility treatment with thyroid hormones can help to achieve healthy pregnancy. The patient herself can support therapy as well by making healthy lifestyle choices and maintaining a healthy diet that takes into account some specifics of the disease.

A diet low in iodine

According to scientific studies excessive iodine exposure worsens the progress of the disease. A diet low in iodine on the other hand has been reported to result in an improvement. Hence patients with autoimmune thyroiditis are recommended to abandon iodized table salt. Any dietary supplements should be free of iodine as well.

Vitamins and minerals

The importance of a sufficient supply with certain vitamins and minerals has long been acknowledged. Every gynecologist recommends taking folic acid, particularly because of its protective role in the early embryo's neurological development. More and more it becomes evident that other vitamins and minerals, too, can have a major impact on fertility. Scientific studies have shown that iron as well as B-vitamins are important for healthy conception.

Selenium

Soils in Europe are poor in selenium. Consequently plants grown in this soil and thus food produced there have a low selenium content. In addition to this autoimmune thyroiditis is associated with an increased selenium demand. Hence it can be difficult for patients to take up selenium in sufficient quantities.

Oxidative stress

Even though, as mentioned above, the reasons for the onset of the disease are not quite understood, recent research has revealed oxidative stress to be an important contributing factor. The term oxidative stress refers to the impairment of body cells by reactive oxygen species (ROS). Oxidative stress increases the immunological turmoil in the thyroid gland and many experts claim it to be responsible for a substantial part of the symptoms. Oocytes on the other hand are particularly susceptible to attacks by reactive oxygen species, too.

Antioxidants

Normally the ROS produced in the body are defanged by the body's own protective antioxidant system. However, if there are too many ROS or too few antioxidants, this delicate balance can collapse and body cells are damaged. Stress, smoking and poor eating habits can weaken the body's own antioxidant system. In these situations taking additional antioxidants can improve symptoms of autoimmune thyroiditis.

Simultaneously oocytes are protected from the detrimental effects of oxidative stress, too.

B-Vitamins

Research has revealed that patients suffering from autoimmune thyroiditis also have an increased risk of having a vitamin B₁₂ deficiency. Vitamin B₁₂ is not only important for cell division, but – together with folic acid and vitamin B₆ – is also vitally needed for homocysteine metabolism. Therefore experts recommend that thyroiditis patients supplement B-vitamins.

Taking into account these latest findings, a novel dietetic food for special medical purposes has been designed: **Fertilovit® F^{THY}**.

Fertilovit® FTHY

Consumer Information

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Administration form:

Capsules

Packaging size:

90 capsules, Three month pack

Net quantity::

49,5 g

Ingredients:

Magnesium oxide, L-ascorbic acid, glazing agent hydroxypropyl-methylcellulose (capsule), ferrous citrate, calcium-D-pantothenate, coenzyme Q10, niacin, D-alpha-tocopheryl acetate, pyridoxine-HCl, thiamine-HCl, riboflavin, zinc oxide, pteroylmonoglutamic acid, biotin, sodium selenite, cholecalciferol, coloring agent titanium dioxide (capsule), cyanocobalamin.

Supplement facts:

The composition of **Fertilovit® FTHY** accounts for the special requirements of women with autoimmune thyroiditis planning for conception.

| | daily dose (1 capsule) | %NRV* | per 100 g | %NRV* |
|-------------------------|---------------------------|-------|----------------------|--------|
| Energy | 3,89 kJ (0,94 kcal) | - | 903 kJ (218 kcal) | - |
| Fats | 0,04 g | - | 8,6 g | - |
| Saturates | 0,03 g | - | 6,13 g | - |
| Carbohydrates | 0,06 g | - | 13,86 g | - |
| Sugar | < 0,01 g | - | 0,52 g | - |
| Fibre | 0,10 g | - | 23,48 g | - |
| Protein | 0,04 g | - | 9,50 g | - |
| Salt | < 0,01 g | - | 0,08 g | - |
| Vitamin C | 100 mg | 125 % | 18.020 mg | 22.525 |
| Vitamin E | 15 mg | 125 % | 2.703 mg | 22.525 |
| Vitamin B1 | 4 mg | 364 % | 721 mg | 65.545 |
| Vitamin B2 | 4,5 mg | 321 % | 811 mg | 57.929 |
| Pantothenic acid | 18 mg | 300 % | 3.244 mg | 54.067 |
| Vitamin B6 | 5,4 mg | 386 % | 973 mg | 69.500 |
| Vitamin B12 | 9 µg | 360 % | 1.622 µg | 64.880 |
| Folic acid | 800 µg | 400 % | 144 mg | 72.080 |
| Vitamin D | 5 µg | 100 % | 901 µg | 18.020 |
| Niacin | 17 mg | 106 % | 3.063 mg | 19.144 |
| Biotin | 180 µg | 360 % | 32.432 µg | 64.864 |
| Zinc | 2,25 mg | 23 % | 405 mg | 4.050 |
| Magnesium | 100 mg | 26 % | 18.020 mg | 4.805 |
| Iron | 7,5 mg | 54 % | 1.352 mg | 9.657 |
| Selenium | 100 µg | 181 % | 18.020 µg | 32.764 |
| Coenzyme Q10 | 20 mg | - | 3.604 mg | - |

*] Nutrient reference values according to EU regulation

Fertilovit® FTHY does not contain lactose, gelatine, and gluten.

Application:

Fertilovit® FTHY is a suitable food for special medical purposes for women with autoimmune thyroiditis who are planning for pregnancy.

Do not use **Fertilovit® FTHY** if you have an allergy to any of its active or inactive ingredients.

If you need to take thyroid hormones, please make sure not to take them at the same time as **Fertilovit® FTHY**, because the iron in the micronutrient preparation could bind to the hormones, compromising their effectiveness.

Precautions and storage:

Fertilovit® FTHY is a nutritionally incomplete food for special medical purposes. It cannot and must not replace a healthy lifestyle and well-balanced diet. Please read the instructions prior to use. Harmful effects have been found for some of the ingredients when taken in extremely high doses. Therefore it is important not to exceed the recommended dosage.

The product must be used under medical supervision.

Keep **Fertilovit® FTHY** capsules in a cool, dry place where the temperature stays below 25°C. Please store **Fertilovit® FTHY** out of reach of children.

How to use Fertilovit® FTHY:

For best results, experts recommend to start taking a supplement about three months prior to conception. However, taking **Fertilovit® FTHY** can be started at any time.

Take one capsule **Fertilovit® FTHY** daily. Do not exceed the recommended dose. Swallow the capsules whole with plenty of water.

If you take thyroid hormones, do not take them at the same time as **Fertilovit® FTHY**. The iron in **Fertilovit® FTHY** may bind to the hormones, making them ineffective.

Side effects:

Fertilovit® FTHY is usually tolerated very well. No side effects have been described so far.

Best-before:

The best-before date is printed on the packaging.

Made in Germany

Sales and distribution:

Gonadosan Distribution GmbH
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