

# Prenovia®

Science for Every Stage of Motherhood



Thoughtfully designed  
for each stage of your  
motherhood journey.

# Every Stage Matters

PREGNANCY BEGINS LONG BEFORE THE FIRST POSITIVE TEST.



Prenovia is a formulated 3-phase nutritional supplement - tailored to meet your needs before and during pregnancy.



One capsule a day

Made for your first steps into motherhood.

# Prenovia



## Planing Pregnancy

Nutritional needs increase before conception. Prenovia 0 delivers specific nutrients selected for this critical phase. The Formula includes 5-MTHF, the active form of folate. Contributes to maternal tissue growth during pregnancy.<sup>1</sup> Prenovia 0 includes Se • B12 • B6 • Zn • Iodine • Se • D3 • C • E • B1 • B2.

Zinc contributes to normal fertility and reproduction, and iodine contributes to normal thyroid function.<sup>2 3</sup>

### References:

1. EFSA Journal 2014;12(11):3894 – 5-MTHF contributes to maternal tissue growth during pregnancy (Claim ID 422)
2. EFSA Journal 2010;8(10):1814 – Zinc contributes to normal fertility and reproduction (Claim ID 281)
3. EFSA Journal 2010;8(10):1814 – Iodine contributes to normal thyroid function (Claim ID 273)



 **One tablet per day.**

**Weeks 1 to 13.**

# Prenovia

1

**Pregnancy Week 1-13**

Nutritional needs shift during early pregnancy. Prenovia 1 delivers targeted nutrients for the first 13 weeks.

Prenovia 1 includes carefully chosen to meet early pregnancy demands: Fe • B12 • B6 • D3 • Zn • C • Mg • Choline - B1 • B2 • B3.

The Formula includes 5-MTHF, the active form of folate. Contributes to maternal tissue growth during pregnancy.<sup>1</sup>

## References:

1. EFSA Journal 2014;12(11):3894 – 5-MTHF contributes to maternal tissue growth during pregnancy (Claim ID 422)



**Dual format: one tablet + one softgel per day.**

**From week 13 until birth.**

## Prenovia 2

Early Pregnancy Week 13-40

The second and third trimesters are marked by rapid fetal growth and increased nutritional demands. Prenovia 2 includes nutrients selected to match these changing needs: Omega-3-DHA • Fe • Ca • B6 • Mg • Se • Choline.

The Formula includes Folate to contributes to maternal tissue growth during pregnancy,<sup>1</sup> iron contributes to the normal formation of red blood cells,<sup>2</sup> and magnesium contributes to the reduction of tiredness and fatigue.<sup>3</sup>

### References:

1. EFSA Journal 2014;12(11):3894 – Folate contributes to maternal tissue growth during pregnancy (Claim ID 422)
2. EFSA Journal 2010;8(10):1814 – Iron contributes to normal formation of red blood cells (Claim ID 255)
3. EFSA Journal 2010;8(10):1814 – Magnesium contributes to the reduction of tiredness and fatigue (Claim ID 291)

# Why Prenovia?

# Prenovia®

Science for Every Stage of Motherhood



## Different stages, different formulas.

Prenovia doesn't offer a one-size-fits-all solution. It provides three thoughtfully crafted formulas that reflect real physiological shifts — from preconception to full-term pregnancy.

## It knows what you need — before you do.

Each stage brings unique needs. Each nutrient was chosen with purpose.

## Contains the active form of folate (5-MTHF).

This is the biologically active form of folate, used directly by the body.<sup>2</sup>

Folate contributes to maternal tissue growth during pregnancy.<sup>2</sup>

### References:

2. EFSA Journal 2014;12(11):3894 – (Claim ID 422)



# FAQs

## When should I start taking Prenovia?

It is recommended to start with Prenovia 0 before pregnancy and continue with the appropriate product for each stage: Prenovia 1 for weeks 1–13, and Prenovia 2 from week 13 until birth.

## Do I need a prescription?

Prenovia is an over-the-counter food supplement. However, it is recommended to consult your doctor or pharmacist before use, especially if you have medical conditions or take other medications.

## Is the product halal?

Prenovia is manufactured in accordance with halal production standards. Certification can be provided upon request.

## Can I use Prenovia while breastfeeding?

Prenovia is formulated for pregnancy. Consult your doctor for suitable supplements during lactation.

## How is Prenovia different from other supplements I've taken?

Prenovia is formulated by phase, with carefully selected nutrients targeted to the actual physiological needs of each stage of pregnancy.

## What are the key active ingredients in Prenovia?

Depending on the phase, Prenovia may contain: 5-MTHF (active folate), choline, iron, iodine, B vitamins, magnesium, calcium, and omega-3 DHA. Check the product label for exact composition.

## Can I take it even if I don't have a diagnosed deficiency?

Prenovia is not intended to treat deficiencies. It helps support daily nutritional needs during pregnancy, even without obvious symptoms of deficiency.

# FAQs

## How should the product be stored, and does it require refrigeration?

Prenovia does not require refrigeration. Store in a dry place at or below 25°C, away from moisture and direct sunlight.

## What should I do if I forget a dose?

Take it when you remember. Do not double the dose. Stick to the recommended daily amount.

**Can I start Prenovia in the middle of pregnancy?** Yes, you can begin with the appropriate product for your current pregnancy stage, ideally after consulting a healthcare professional.

## Does Prenovia affect hair or skin?

Prenovia is not a cosmetic product. However, ingredients like biotin and zinc contribute to the maintenance of normal hair and skin.<sup>1</sup>

**Is Prenovia safe for people with diabetes or allergies?** Review the ingredient list and consult your doctor if you have chronic conditions or specific allergies.

## Should I take it with a meal?

It is preferable to take it with a meal to support absorption and digestive comfort.

**References:** 1. EFSA Journal 2010;8(10):1814 – (Claim ID 307)

Ask your  
pharmacist  
about  
**Prenovia**  
today



Visit  
**[www.kanphyto.eu](http://www.kanphyto.eu)**  
to learn more.

