

# Folidide<sup>®</sup> Forte

FOLIC ACID, IODINE & VITAMIN B12

**Content:****Each tablet contains****Active ingredient:**

Potassium iodide equivalent to 150 mcg iodine

Folic Acid (from Quatrefolic<sup>®</sup>; (6S)-5-methyltetrahydrofolic acid, glucosamine salt) 400 mcg

Vitamin B12 50 mcg

**Excipients:**

maltodextrin, microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, magnesium stearate, silicon dioxide.

**Pharmacologically:**

Pregnant women appear to be declining and inadequate iodine intake is re-emerging as a widespread problem in the general population.

Iodine is important for the normal functioning of the thyroid gland as it is an essential nutrient required for the synthesis of thyroid hormones. Thyroid hormones affect almost every cell in the body, regulating oxygen use, metabolic rate and cellular metabolism. Thyroid hormones are important for the normal growth and development of children. Due to its role in the synthesis of thyroid hormones, an adequate supply of iodine is needed during pregnancy and shortly after birth for the physical motor skills and mental development of the baby. Iodine plays an important role in foetal brain development. Optimising iodine levels before pregnancy can take up to 5 months. Quatrefolic<sup>®</sup>, 4th generation folic acid, is the most bioavailable and stable form of folic acid, proven to have greater water solubility. Acts directly and independently of enzymes, without being metabolized in the body.

Folic acid plays a role in DNA and RNA synthesis and so is critical in cellular division. In order to divide properly cells need adequate folic acid. The development and growth of a foetus involve constant cell division, which can lead to an increase in the mother's demand for folate. Supplementation of folate may reduce the risk of neural tube defects in the unborn child.

Vitamin B12 essential for babies' neural tube formation, brain and spine development, together with folate (B9), it works to produce DNA synthesis and red blood cells.

**Indication:**

- Promote the development of baby's brain, eyesight & hearing and in the postnatal period for both lactating and non-lactating mothers;
- Necessary preventive supplement for women in menopause;
- Reduce the risk of birth defects of the brain &/or spinal cord;
- Prophylaxis of growth impairment and pubescence in adolescents;
- Prophylaxis against relapses after therapeutic treatment of iodine deficiency related goiter.

**Contraindication:**

Iodine may interfere with treatment for thyroid conditions. Consult your healthcare professional before use if being treated for thyroid disease.

Hypersensitivity to the Folidide Forte components.

**Drug Interaction:**

Folidide Forte contraindicated to be used with analgesics, anticonvulsive preparations, antibiotics, antacids, colestyramine, cytostatics, sulfanilamides, as they decrease folic acid imbibition.

It is possible the development of hyperpotassemia at co-administration of Folidide with potassium-saving diuretics. The co-administration of Folidide and lithium preparations favors the development of adenoma of thyroid and hypothyroidism.

**Recommended daily dose:**

Adults - Take 1 tablet a day with a meal, or as professionally prescribed, taking orally with a sufficient amount of liquid.

**Shelf life:**

The shelf life of the preparation is two years.

**Storage conditions:**

Store in a space protected from sunlight at a temperature of no more than 25°C.

Keep away from the reach of children.

**Packaging:**

3 blisters x 20 tablets with leaflet in carton box.