

FAQ

When is Wellwoman Max recommended?

Wellwoman Max is recommended for women of all ages as a daily nutritional safeguard for general health and vitality. Wellwoman contains a wide range of nutrients and trace elements to support the areas of health which are of most interest to women including vitamin B6 which contributes to the regulation of hormonal activity, plus iron which contributes to normal formation of red blood cells, an important consideration during the monthly cycle. There is no need to take any other additional multivitamin.

Can Wellwoman Max be used during pregnancy and breast-feeding?

During pregnancy, we would recommend a multivitamin supplement specially formulated for pregnancy, such as one from the Vitabiotics Pregnacare® range. Pregnacare® contains a careful combination of 19 vitamins and minerals, specially developed for use from before conception, throughout the whole of pregnancy, and also whilst breast-feeding. Pregnacare® is recommended as soon as you start trying for a baby. However, there is no problem if you become pregnant whilst taking Wellwoman, since it contains the recommended level of 400 µg Folic Acid, and vitamin B12.

Can Wellwoman Max be used with medicines simultaneously?

Generally, Wellwoman Max may be used alongside medications, because it contains only moderate levels of vitamins and minerals, and is free from any drugs or hormones. Wellwoman Max may be used alongside the contraceptive pill. For specific advice on taking Wellwoman Max with medicines, we recommend that you contact your doctor or pharmacist first.

How many tablets and capsules does one pack of Wellwoman Max contain?

Wellwoman Max contains 28 x advanced micronutrient tablets, 28 x high purity Omega-3.6.9 capsules and 28 calcium and vitamin D tablets in a convenient 3-in-1 pack. It is recommended to take one micronutrient tablet, one Omega 3-6-9 capsule and one calcium tablet per day, so each pack lasts 28 days.

How and when should Wellwoman Max be used?

One micronutrient tablet, one Omega 3-6-9 capsule and one calcium tablet per day are recommended with or immediately after your main meal. Swallow with water or a cold drink, without chewing. Taking the tablet/capsule with a large meal maximises the absorption of the nutrients, and can reduce mild nausea, which is sometimes experienced if multivitamins are taken on an empty stomach. Wellwoman Max should only be taken on a full stomach. Always ensure that Wellwoman Max is taken with liquid to wash the tablet/capsule down, and not tea or coffee, as this may cause the tablet/capsule to disintegrate too early.

Are there any undesired effects whilst taking Wellwoman Max?

Wellwoman Max has no known side effects when taken as directed. Do not exceed the recommended tablet/capsule intake. In case of overdose, seek medical advice immediately.

How long does it take to experience any benefits?

Results vary amongst individuals, but in most cases, we would expect the beneficial effects of the nutrients in Wellwoman Max to build over several weeks, with noticeable results in one to three months. There is no maximum length of time over which Wellwoman Max may be used. A regular intake is recommended.

Is Wellwoman Max suitable for vegetarians?

No Wellwoman Max is not suitable for vegetarians as the Omega 3-6-9 capsules contain fish oil in a pharmaceutical grade gelatin capsule. Adults can obtain DHA and EPA indirectly through the conversion of the essential fatty acid alpha-linolenic acid (ALA), present in vegetable oils such as linseed but this process is very inefficient. The Wellwoman Max Omega 3-6-9 capsule contains fish oil as it provides a much more reliable, direct source of DHA, EPA and ALA.

Difficulty swallowing tablets or capsules is fairly common - do you have any advice?

Difficulty in swallowing tablets is quite a common experience. Vitabiotics have researched this extensively, trying different methods, and hope that our tips will help you swallow tablets with ease.

The usual advice for those who have difficulty in swallowing tablets, is to break the tablets into 2-3 pieces, before swallowing with plenty of liquid. For capsules (which contain liquid), and in cases where people have more difficulty in swallowing tablets we recommend after chewing some food (e.g. banana), just before you swallow, pop the tablet into your mouth and swallow it together with the chewed food, followed by some liquid. The throat opens up wider automatically to swallow the chewed food and hence the tablet should go down with greater ease. Alternatively the tablets or capsules may be swallowed with thicker liquids such as yoghurts or smoothies. We hope these tips are of help.

Some Nutrient Reference Value (NRV) levels are above 100%, is this safe?

Certain vitamins are very safe at levels tens or even hundreds of times the NRV, whereas for others the safety level is much closer to the NRV. For this reason every vitamin and mineral needs to be considered on an individual basis in terms of its upper safe level.

The Nutrient Reference Value (NRV) is the amount of a vitamin or mineral which has been calculated to help prevent basic deficiency states in the general population. However, certain vitamins and minerals at optimal levels, above the NRV, have consistently been shown to have positive benefits in specific areas of health. This is why some Vitabiotics formulas have certain nutrient levels greater than 100% NRV.

All Vitabiotics products has been developed using the latest research and contain effective levels of vitamins and minerals, while **avoiding any excessive amounts, in accordance with official upper safe limits for vitamins and minerals.**

Vitabiotics avoids "mega dose" levels of isolated nutrients and instead **we have always stressed the importance of safe, moderate and sensible levels of vitamins and minerals, carefully balanced to maximise their combined effect;** an approach which has been supported by many experts and researchers over the years.