



Pregnancy Health Education



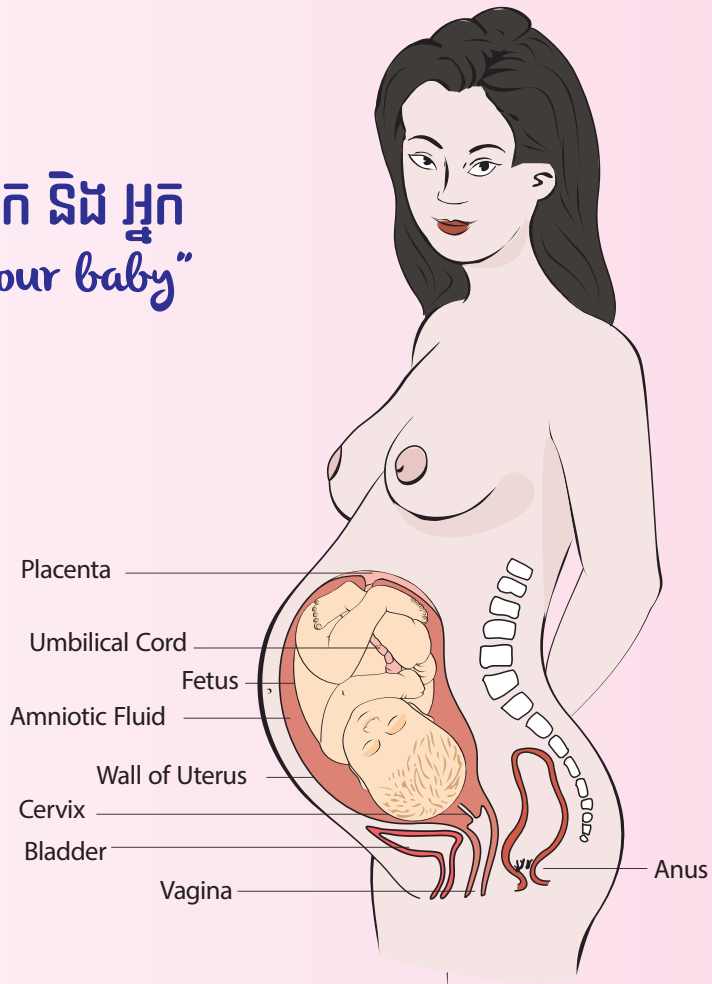
សៀវភៅណែនាំសម្រាប់ស្ត្រីមានផ្ទៃពោះ “A message to pregnant woman”

Pregnancy is a special time that can bring many questions. We hope that this book will help you learn about how to take care of yourself and your growing baby.



ទារករបស់អ្នក និង អ្នក

"You and your baby"



Call your health care provider or go to the hospital if you notice any of these signs:

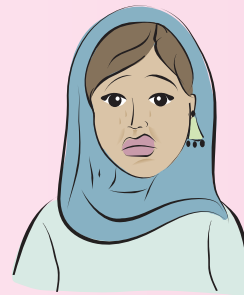
- Bleeding from your birth canal (vagina).
- Sharp pain in your tummy.
- Feeling dizzy or like you might faint.
- High fever (temperature).
- Chills or rash after you have had a fever.



- Vomiting or throwing up a lot.



- Feeling more sad, worried, or angry than usual or crying a lot.



- Smelly fluid comes from your vagina and makes you feel itchy.



- It hurts or burns when you pass urine or your urine becomes red or dark in colour.



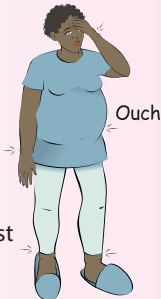
- Lots of swelling in your face, hands, legs, ankles (especially if it gets worse or changes).

- Bad headaches that last for a long time.

- Gaining weight quickly.

- Blurry vision or spots in front of your eyes.

- Pain in your chest or stomach area.

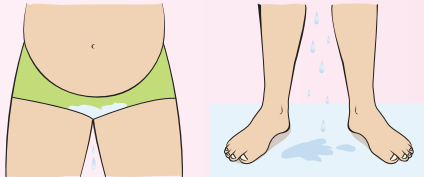


- Spots on your face and body that are not normally there.



Normally, pregnancy lasts between 37 and 42 weeks. Preterm labour is labour that starts too early (before 37 weeks). It can cause your baby to be born too soon. Babies who are born too soon may have health problems. They may need special care in the hospital.

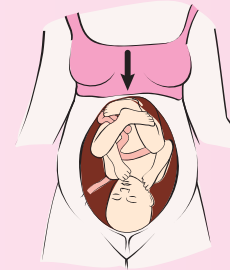
- Bleeding from your vagina.
- Sudden change in the type of discharge (mucousy, watery, bloody).
- Sudden increase in the amount of discharge from your vagina.



- An urgent need to pass urine, or the need to pee often.



- Feeling that something is not right.
- Cramps like when you have your period.
- Pressure that feels like the baby is pushing down.



- Contractions (tightening of the uterus) that come often and do not go away. Contractions that get stronger and closer together. Stomach pains that do not go away (with or without diarrhea).



Healthy foods provide the nutrients you and your baby need. In addition to eating healthy, pregnant women need a daily multivitamin with folate and iron in it.

Folate (Folic Acid)		Folate is a vitamin that helps build healthy blood and tissues for you and your baby.
Calcium and Vitamin D		Calcium and vitamin D work together to keep your bones strong. They also work together to build strong bones and teeth for your baby.
Iron and Vitamin C		Iron helps build the red blood cells that carry oxygen and iron to your baby. Vitamin C helps your body use iron
Protein		Protein helps your uterus and placenta become strong and helps your baby grow.
Omega-3 Fats		Omega-3 fats are important for baby's brain, nerves, and eyes.

សំណួរសំខាន់ៗអំពីអាហារសម្រាប់ស្ត្រីមានផ្ទៃពោះ: “Common questions about Eating”

Is it okay to drink coffee, tea, or soda pop ?

Coffee, tea, pop, and energy drinks may have caffeine in them. Too much caffeine is not good for your unborn baby. Try to limit the tea, coffee, pop, and diet pop you drink. It's best not to drink more than two cups (500 mL) of coffee each day. All energy drinks and some kinds of herbal teas are not safe to drink when you are pregnant or breastfeeding.



Do I need to stop eating salt ? No, you still be able to eat salt but limited amount

Will I need to take prenatal vitamins ?

Vitamin pills cannot take the place of healthy foods. Eat healthy foods and take a prenatal vitamin every day with folic acid and iron.



What if I don't drink milk ?

If you do not drink milk, you can have other foods high in calcium such as cheese, yogurt, fortified soy drinks, fortified orange juice, sardines, tofu, and broccoli



What if I do not eat meat ?

If you do not eat meat or animal products, choose foods such as beans, lentils, tofu, nuts, and seeds.

Can I drink alcohol ?

It is safest not to drink any alcohol when you are pregnant and breastfeeding. Choose an alcohol-free drink instead

Healthy Pregnancy Weight Gain

Healthy weight gain during pregnancy is important. It helps: Your baby to grow. Your uterus and placenta to grow. Your breasts to get ready for breastfeeding. Your blood volume increase so it carries nutrients and oxygen to your growing baby.

What is a healthy pregnancy weight gain ?

A healthy pregnancy weight gain depends on your height and your weight before you became pregnant. Most pregnant women should gain between 11.5 and 16 kilograms (25 to 35 pounds). If you were overweight before getting pregnant, your health care provider may recommend gaining only 7 to 9 kg (15-25 lbs) during pregnancy. During your first trimester, your weight gain should be between 1 to 2 kg (about 2 to 4 lbs). Most of the weight gain happens in the second and third trimesters.

តើទម្ងន់របស់ស្ត្រីមានផ្ទៃពោះកើនឡើងដោយសារកត្តាអ្វីខ្លះ ?

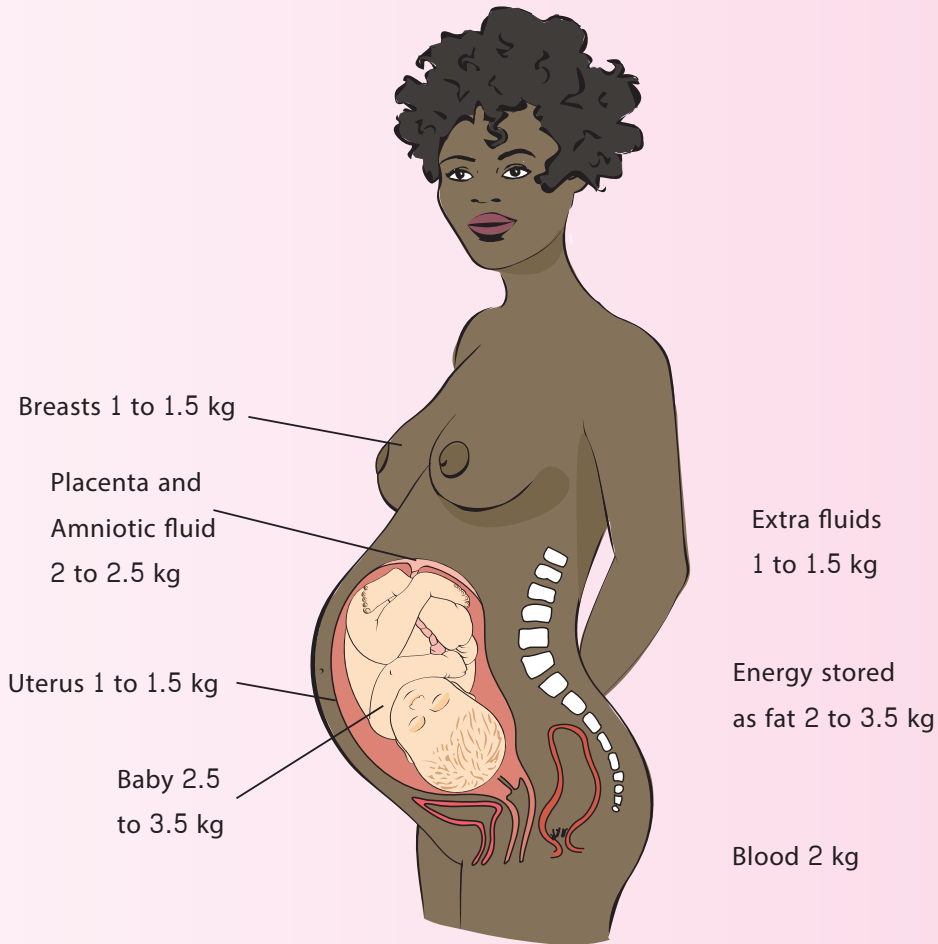
Being active during pregnancy is important for you and your baby. It helps with healthy weight gain during pregnancy and helps you return to a healthy weight afterwards.

What kind of physical activity can I do ?

During pregnancy you can do many physical activities like: Swimming (take pregnancy swimming classes). Walking outside. Gardening. Prenatal fitness classes. Kayaking

If you are already active and doing light to moderate physical activity, you can continue to do your activities. If you already do vigorous intensity aerobic activity, such as running, you can continue doing so. If you are not active, try to do light to moderate physical activity

Drink plenty of water (before, during, and after you are active). Try not to get too hot or too tired. You should be able to talk when you are active. If it hurts or feels uncomfortable, slow down or stop the activity.



Work: Most jobs are safe during pregnancy. Some women must stop working or must change to a different type of work when they are pregnant.

You may need to make some changes or take extra care at work while you are pregnant if:

- You must stand up for long periods of time.
- You must lift, push, or pull heavy items.
- You are in contact with chemicals
- You work with X-rays.
- You work with animals, young children, or sick people.
- You work long hours or do shift work.

Mental Health: For many women, being pregnant involves dealing with a lot of change. Your body is changing. You may think differently. Eat well. Exercise regularly. Get enough sleep. Take a prenatal multivitamin. Be around people who make you happy. This can include your family, neighbours, co-workers, friends, partner and others. Take time to relax and laugh. See your health care provider regularly.



Drug:

marijuana, heroin, crack/cocaine, LSD,
and other street drugs are not safe to use
when you are pregnant



Babies born to mothers who take drugs may:

Be born too soon and too small. Have medical problems. Go through drug withdrawal. Have problems learning.

Sexuality: It is safe to have sex when you are pregnant. There may be changes in your sexual needs and desires.

Both of you need to discuss how you feel and discuss what you expect from one another. Your health care provider may advise you to avoid sex with certain health conditions.

The risk of cigarette and alcohol during pregnancy:

Alcohol or Smoking or being around people who smoke during your pregnancy
and after your baby is born, can harm both you and your baby.

- Not get enough food or oxygen.
- Die suddenly during pregnancy
- Be born too soon or too small.
- Have health or learning problems
- Vision and hearing problems.
- Organs that do not work properly.



Things to Avoid: Pesticides (used for killing insects). Mercury (in some fish). Lead (in some paint). Asbestos (in some home insulation). Solvents (in some paints).

Abuse: If you answered YES to any of the above questions, this is abuse. Abuse usually gets worse over time
Feel anxious, sad and alone. Feel bad about yourself. Lose your baby. Not eat or sleep well. Have pain, injuries and die. Be born too small or too early.

Infections: There are certain health problems that can harm your unborn baby if you get them during pregnancy
If at any time during your pregnancy you think you may have any of the problems listed below, call your health care provider

Bladder Infection

A bladder infection is caused by germs called bacteria. These germs live outside the body and can move into the bladder

How do I know I have it? Feel the need to pass urine often and in a hurry. Have bloody or cloudy urine. Have a burning feeling when you pass urine. Notice a strange smell in your lower stomach or back area. your urine. Have a fever or feel sick to your stomach.

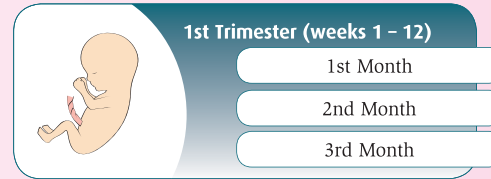
Sexually Transmitted Infections (STIs): STIs are infections that can spread from person-to-person during sex. STIs can harm both you and your unborn baby

Please consult with your healthcare provider

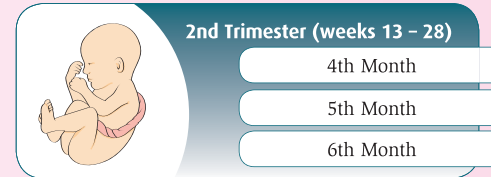
How Long Does Pregnancy Last

Pregnancy usually lasts 40 weeks (about 9 months). It takes this much time for a baby to develop. Pregnancy has three parts. Each part is called a trimester. Each trimester is about 3 months long.

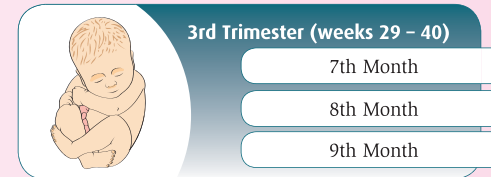
- **By the end of the 1st trimester**
your baby begins
to look like a human baby.



- **By the end of the 2nd trimester**
your baby sucks his thumb,
and opens and closes his eyes



- **During the 3rd trimester**
your baby is well developed.
Your baby still needs
stronger lungs and other
organs. Your baby needs to
grow and put on weight.



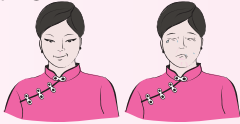
First Trimester (1 to 3 months of pregnancy) Your Growing Baby

- Your baby will be 7 to 10 cm long (3 to 4 inches) and weigh 28 grams (1 ounce).
- The heart is beating.
- The eyes, ears, and nose are forming.
- The arms, legs, fingers, and toes are forming.
- The fingernails and toenails are forming.
- The arms and legs move now but you cannot feel the kicks.
- The bones are forming.
- The brain is growing quickly.
- The spine is forming.
- The face is forming but the eyes are closed.
- The digestive tract is forming.
- Your baby is beginning to look like a real person.
- The sex of your baby is determined.



Changes You May Feel

You may have mood swings (happy for a while and then sad). This is caused by changes in your hormones as your body adjusts to being pregnant.



Nausea and vomiting in the morning or all day



You will pass urine more often. This is caused by your uterus pressing against your bladder and by changes in your hormones



- Consult with your doctor

- Eat dry toast or crackers before you get out of bed in the morning. Get out of bed slowly. Eat small amounts of food every 1 to 2 hours, before you feel hungry. Avoid spicy, fried, or fatty foods. Drink fluids between meals. Do not drink fluids with meals.

- Drink less in the evening. Try Kegel exercises. Kegel exercise (Tighten the muscles around your vagina and anus and hold for several seconds). These are the same muscles you that you use when you are urinating. Try to tighten your muscles 25 times each day. It is important to repeat this exercise several times during the day. Make sure that your bladder empties each time you pass urine.

You may feel tired



Thin milky fluid may flow from your birth canal (vagina).

Your breasts may become larger.



You may feel like you are going to faint.

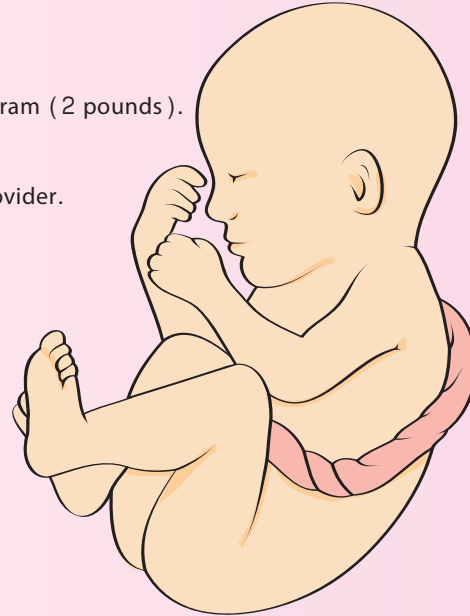
Your interest in having sex or in other activities may change



- Rest. Eat small amounts of food many times during the day. Drink lots of fluids.
- Wear small liners in your underwear or change your underwear often. Keep the area clean and dry. Avoiding douching (pushing fluid into your vagina).
- Wear your bra at night if your breasts are uncomfortable
- Get up slowly. When you change position, move slowly
- Talk to your partner or a close friend about your feelings.

Second Trimester (4 to 6 months of pregnancy) Your Growing Baby

- Your baby will be about 36 cm long (14 inches) and weigh 1 kilogram (2 pounds).
- The eyes can open and the eyebrows and lashes appear.
- The heartbeat is stronger and can be heard by your health care provider.
- You can feel your baby moving.
- Your baby can suck their thumbs and hiccup.
- The teeth develop inside the gums.
- Soft, fine hair is growing on the body.
- A white coating (vernix) begins to cover your baby's body.



Changes You May Feel

You begin to feel closer to your baby and more interested in what the baby is doing.



- Get to know your baby. Enjoy the feeling. Take note of the first day you felt your baby move.

Fluid may leak from your breasts.



- Wear breast pads in your bra

The colour of your cheeks on your face may change

You may have throbbing legs and swollen veins.



- Wear a hat. Use a sunblock with at least SPF-15 when you go outside
- Walk to help the blood flow in your legs. Do not cross your legs when you are sitting down. Use support stockings. Do not wear knee high socks or stockings. Avoid tight clothing.

You may feel less sick and less tired.

You may have to pass urine less often.

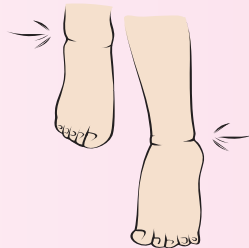
- Enjoy this time.

Your gums bleed more easily

You may have hard dry bowel movements.

You may have swollen ankles and hands.

Your interest in sex may change because you are feeling less tired and less sick



- See a dentist at least once during your pregnancy. Remember to tell the dentist that you are pregnant

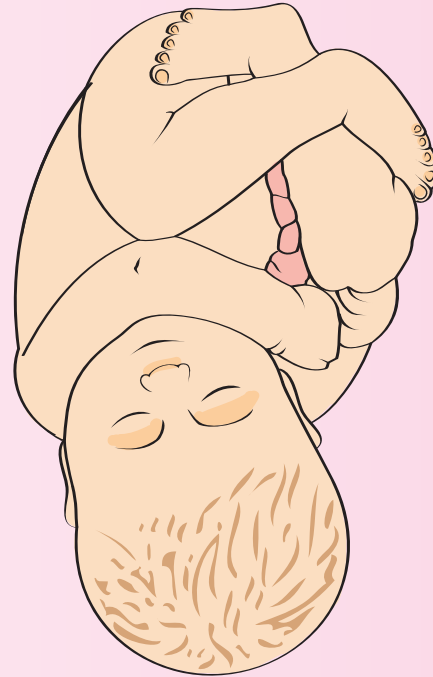
- Drink at least 6 to 8 glasses of fluids a day. Eat more foods that are high in fibre such as – whole grain breads, prunes, bran, etc.

- Put your feet up. Sleep on your left side. Do not lie on your back. Avoid long periods of sitting or standing. Do not cross your legs at the knee.

- Discuss with your partner

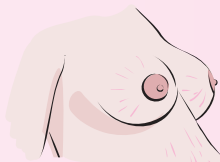
Third Trimester (7 to 9 months of pregnancy) Your Growing Baby

- Your baby will be about 51 cm long (20 inches) and weigh 3.5 kilograms (7.5 pounds).
- The skin becomes less wrinkled as the baby gains weight.
- Your baby hears sounds, such as your voice.
- Your baby may not be as active, but will still kick and wiggle often.
- Your baby may move into a head-down position, getting ready to be born.
- Your baby's head has hair.
- Your baby's brain, lungs, and other organs continue to develop.
- Your baby responds to light.
- The sex organs are developed.



Changes You May Feel

You may have stretch marks on your tummy and breasts. They may feel itchy.



- Use a lotion or skin cream to help with the itching. Do not use lotion or skin cream on the nipple area unless recommended by your health care provider.

You may feel your uterus tighten all over and then relax.



- Walk around. Relax and take deep breaths. If they do not go away, call your health care provider.

You may feel pain in your legs (leg cramps).



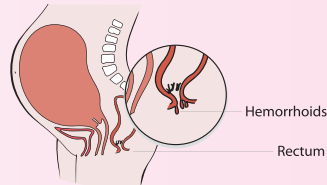
- Put your feet up. Stretch your leg by bending your ankle and pointing your toes towards your nose. Make sure you get enough calcium

You may have a burning feeling in your chest and throat (heartburn).



- Eat foods that are less spicy and not fried. Drink fluids between meals instead of with meals. Eat smaller amounts of food. Eat more often. Stay upright after eating. Rest or sleep with lots of pillows under your head and upper body.

You may get hemorrhoids (swelling in or around your anus) and have hard dry bowel movements



- Eat more foods that are high in fibre, such as whole grain breads, prunes, bran, etc. Drink plenty of fluids.
- Sleep with your head propped on 2 or more pillows. Wear clothing that is loose around your chest and tummy. Stand up straight.

You may feel shortness of breath.



You may begin to feel anxious about labour and birth



You may need to pass urine more often. This is caused by your baby pressing on your bladder. Many women notice that urine leaks when they sneeze, laugh, or cough.



Your interest in sex may change. Your interest in sex may not change.



- Distract yourself by getting things ready for the baby

***Pack for Father:** Pajamas or comfortable clothes. Toiletries. Money. Cell phone and charger. Book and music. Transportation

*** What to pack before delivery**

Pack for mother: Health card. Pen and paper. Underwear. Nursing bra or good support bra. Toiletries (toothbrush, hairbrush, lip balm, hairdryer etc.). Sanitary pads. Nightgown, slippers and robe. Loose fitting clothes for the trip home

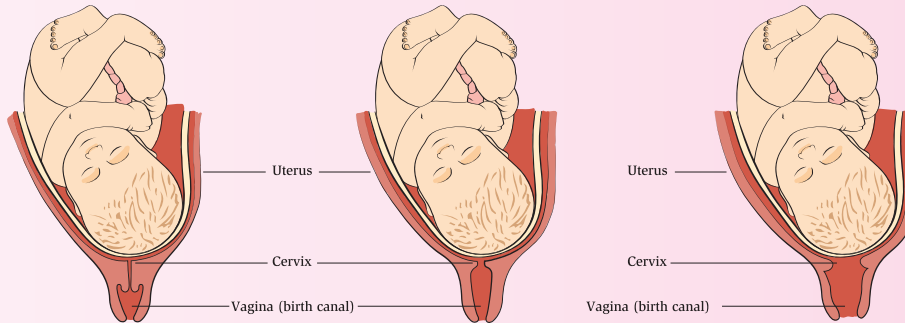
Pack for baby: Diapers and wipes. Sleeper. Socks or booties. Milk powder

- If it hurts or smells bad when you pass urine, call your health care provider

- Talk to your partner or your support person about your feelings. If sex is painful, talk to your health care provider

Labour

A contraction occurs when the uterus gets tight, rests, and then gets tight again. You will feel many contractions when you are in labour. The “pain of childbirth” comes mainly from the contractions. When your cervix opens to 10 cm,



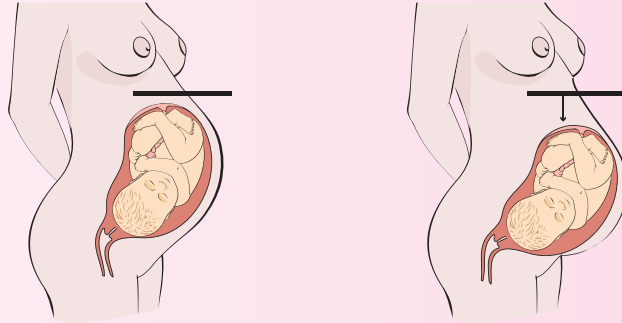
your contractions and your pushing will move the baby down the birth canal (vagina) and out into the world

How long does labour last ?

Prepare yourself for the work of labour and be flexible with your plans as it is also unpredictable. Every labour and birth is different. It is hard to know how long your labour will last. For a first baby, labour may last 12 to 20 hours.

Signs of Labour

There are some normal signs that tell you that your labour may begin soon. Most women go into labour within a week of their due date



Baby drops lower near the end of pregnancy.

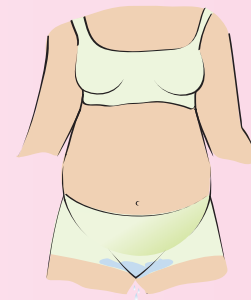
Near the end of your pregnancy, your baby will move down. When this happens you will be able to breathe better. You will feel less burning in your chest and throat after you eat. You will have to pass urine more often. If this is your first baby, this may happen 2 to 3 weeks before you go into labour

Mucous Plug

While you are pregnant, you have a thick mucous plug in your cervix

Bloody Show

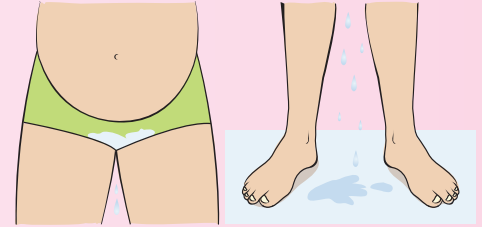
You may notice a pink, red, or brown discharge a few days before labour or during labour



អាហារូបត្ថម្ភសម្រាប់
ស្ត្រីមានផ្ទៃពោះ
អនុលោមទៅតាមតួរង្វង់ទារករបស់អារ្យធីដ

Bag of Water Breaks

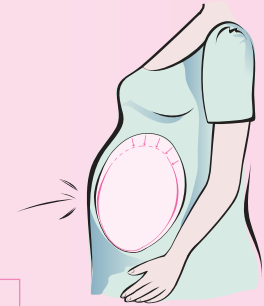
Your baby is inside a bag of water (amniotic sac) in your uterus. When the baby is ready to be born it is normal for the bag of water to break. This may happen before labour starts, early in labour or when the baby is almost ready to be born.



Contractions

Late in your pregnancy you may have contractions (uterus tightens, rests, and tightens again) that are very strong.

They may come and go for hours or days and then stop. These contractions are helping your womb (uterus) get ready for birth and are called pre-labour or Braxton-Hicks contractions.

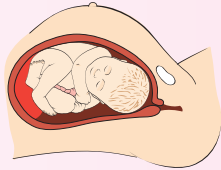


Pre-labour contractions	True labour contractions
Do not become regular.	Become regular and closer together.
Go away with walking.	Get stronger when you walk.
Feel strongest in front	May begin in back and move to front.
	Bloody show is usually present

When Should You Go to the Hospital

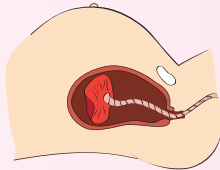
- If you are bleeding from your vagina. When your contractions are 5 minutes apart and are also increasing in intensity (your health care provider may ask you to go to the hospital earlier).
- When your water breaks (if recommended by your health care provider).

The Four Stages of Labour



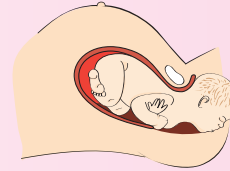
Stage 1: Labour

Your contractions will slowly get stronger.
They will happen more often and last longer.



Stage 3: Release of Placenta

During this stage you will be pushing
your placenta out



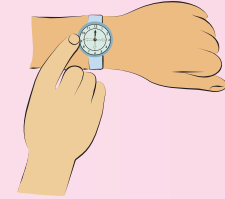
Stage 2: Birth of Baby

You will have more contractions. They will be very strong.
You will feel the need to push.



Stage 4: Recovery

During this stage you will be resting after all your effort during labour and birth. You will be spending time with your baby. Skin-to-skin contact with your baby will help you bond with your baby and will keep your baby warm. It will help your baby find your breast and latch on to your nipple. This is a good time to start breastfeeding.



Things to Help You During Labour

Use the special breathing that you learned in prenatal class or ask someone to show you.



Ask your support person to massage different parts of your body. If your lower back hurts



Go to the toilet to pass urine at least every hour



Try to find something to look at or think about during your contractions



Have a shower or a bath

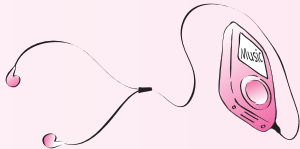


Drink juice or water, or chew on ice chips. Eat small amounts of food.



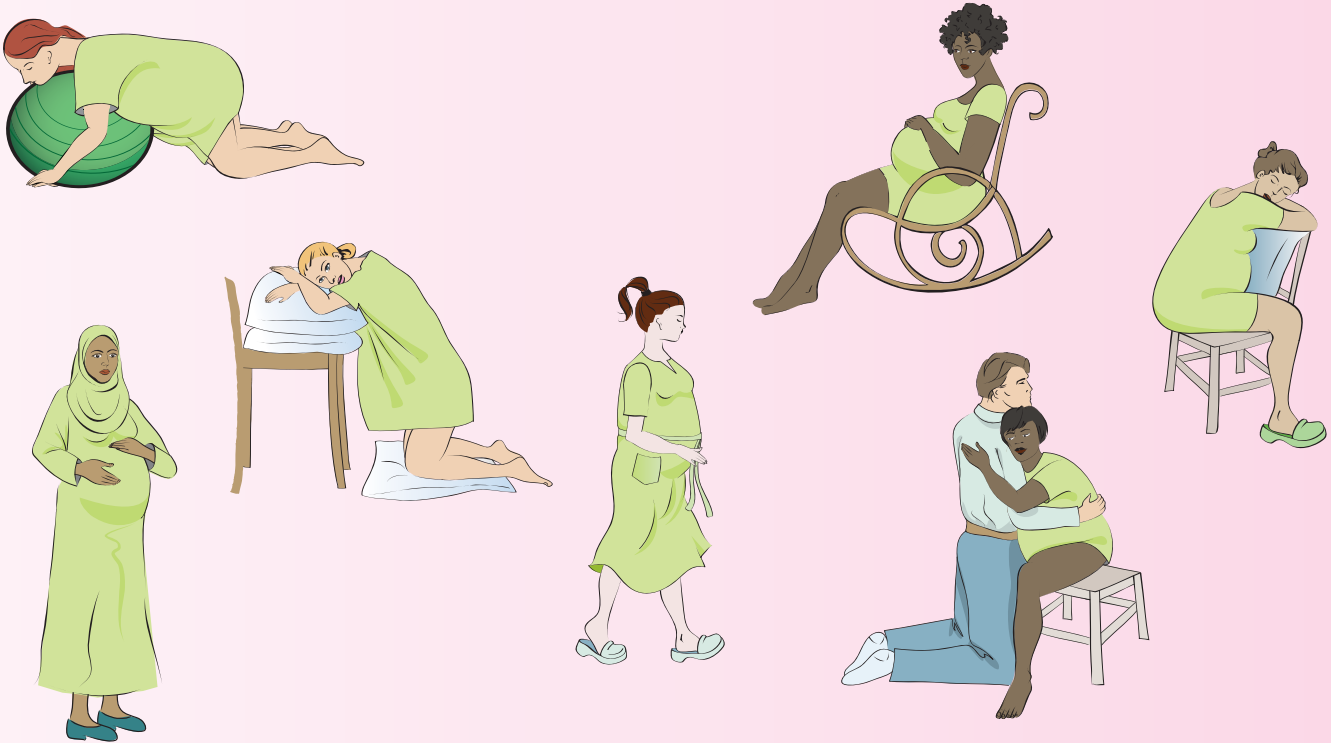
Some women want medications to help reduce the pain. Talk to your health care provider about the kinds of pain medications that might help

Listen to music



Positions

It is important to change positions during labour. Doing so will help you to stay comfortable and will help your baby move down



Medical Procedures

Sometimes babies need some help to be born. Here are some medical procedures that your health care provider may use.

• Induction

Ways to start your labour such as special medication. Labour may be induced because the baby is overdue, the bag of water breaks but there are no contractions, or for special health reasons.



• Pain Medication

- Intravenous Infusion (IV) may be used to give you fluids, medication, or pain medication through your arm.
- An Epidural may be used to give you pain medication through your back.



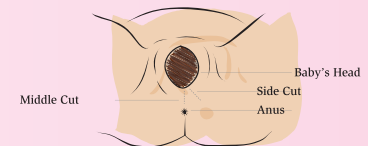
Fetal Monitoring

Monitoring the baby heart-rate and uterus contraction measurement



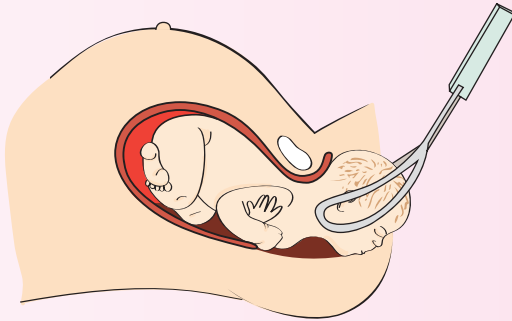
Episiotomy

This is a small cut to make the opening of the vagina bigger. An episiotomy is not a routine part of labour. Freezing is usually given first. You will need to have stitches.

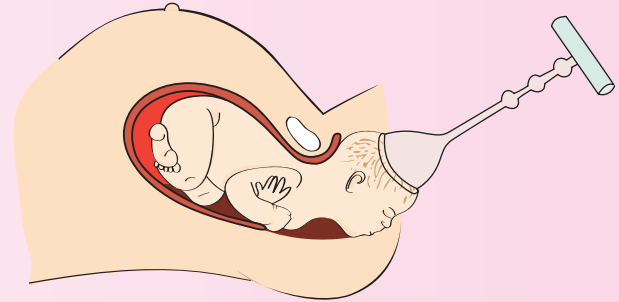


Forceps and Vacuum Extraction

- Forceps are a spoon-like tool that fits around the baby's head.
- Vacuum extraction uses a soft cup that fits on top of the baby's head and is attached to a machine.
- They are used when:
 - The baby is not in a good position to be born.
 - The baby needs to be born quickly.
 - The mother is very tired and can't push any more



Forceps



Vacuum Extraction

Caesarean Birth (C-section)

ការសម្រាលនេះត្រូវបានធ្វើឡើងដោយការរុះរើបរិវេណផ្នែកពោះ និងស្បូនរបស់ស្ត្រី ការសម្រាលដោយរុះរើកពោះត្រូវបានអនុវត្តចំពោះករណីចាំបាច់មួយចំនួនដូចជា

- This involves the baby being born through a cut in your abdomen and uterus.
- There are many reasons why a C-section may be done:
 - The baby is very big.
 - The baby is lying with its legs down instead of its head.
 - Special health reasons.
 - Problems with the umbilical cord or placenta.
 - The baby needs to be born quickly.
 - Labour is not progressing normally.

Breastfeeding Your Baby

Breastfeeding is healthy for your baby:

- Provides the best food that is always fresh and ready.
- Reduces the risk of Sudden Infant Death Syndrome (SIDS).
- Helps prevent an upset tummy and constipation.
- Provides closeness and warm touch from mom.
- Promotes good health and brain development.
- Protects against illnesses (e.g., coughs and colds, ear infection, type 1 diabetes, etc.)
- Helps protect against allergies.
- Helps to promote proper jaw and tooth development.
- Protects from becoming overweight.



Breastfeeding is healthy for you

- Helps your uterus return to its normal size more quickly.
- Lowers your risk of breast cancer, ovarian cancer, and diabetes.
- Saves you time and money.
- Helps you bond with your baby and make you feel happier.

Changes to Your Body After Birth

There are many normal changes that will happen to your body after you have a baby

Afterpains After your baby is born you may feel painful contractions as your uterus goes back to its normal size. This is normal. Your health care provider will check to make sure that this is happening. You may feel these pains the most when you breastfeed because your baby's sucking helps your uterus return to its normal size. Afterpains usually go away after a week. Call your health care provider if the afterpains do not go away or if they are very painful.

Bleeding from your Vagina

You will have bleeding from your vagina for 2 to 6 weeks. At first, the bleeding will be heavy and dark red. In a few days the

bleeding will slow down. The colour will change to brown, pink, and then to white. It is important to keep this area clean and to change your pad often. Do not use a tampon during this time. Call your health care provider if your flow is heavier than normal, is heavier than a period, smells bad, or has large clots

Sore Perineum

The area between your legs may be sore or swollen. If you had stitches you may feel more pain. Try freezing a damp maxi pad and putting it in your underwear. Try sitting in a warm bath. Also, keep the area very clean by pouring warm water on the area between your legs after you pass urine or have a bowel movement

Constipation

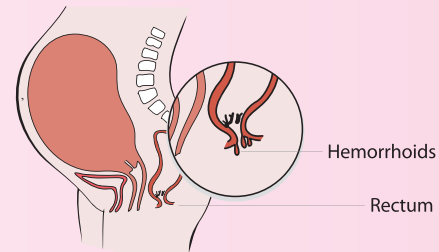
You may find it hard to have a bowel movement after your baby is born. Eat foods high in fibre and drink lots of fluids to make the bowel movement softer and easier to pass.

BreastsYour breasts will get firmer and bigger. Your breastmilk will be yellow at first (colostrum). Colostrum provides everything your baby needs.



Hemorrhoids

Women can get hemorrhoids during pregnancy and after they have a baby. Eat foods high in fibre and drink lots of fluids to keep the bowel movement soft and easy to pass



Hard to Pass Urine

You may find it hard to pass urine for a couple of days after your baby is born. Drink lots of fluids and remind yourself to go to the toilet even if you do not feel like you have to go.



Getting your Period

Many breastfeeding mothers find that their period does not come back until they begin giving their baby solid foods at 6 months. Some mothers find that their period does not return until after they stop breastfeeding. Mothers who do not breastfeed usually find that their period starts within 2 months after giving birth

Having Sex

It is safe to have sex when you feel ready. This can be after the bleeding from your vagina has stopped and the area between your legs has healed (tears or stitches have healed). The best thing is to talk to your partner about how you are feeling and what you would like. Choose activities that please both of you. You need to see your health care provider 6 weeks after your baby is born for your check-up.

Postnatal Physical Activity

Taking care of yourself helps you to take care of your baby. Being active after your baby is born will improve your blood flow and make you stronger. Ask your health care provider or public health nurse about activities to do after having your baby

Your Changing Feelings

The first few days and weeks after your baby is born are both exciting and tiring. You may have many new feelings.

Baby Blues

Many new mothers feel sad or cry easily for a week or two after the baby is born. This should be better after 2 weeks. If not, talk to your health care provider. This is called having the baby blues. These feelings are normal and happen for many

reasons, such as:

- Changing hormones.
- Lack of sleep.
- Not feeling sure how to care for the baby.
- Worrying about being a mother.
- Trying to do everything at once.
- Your changing relationship with your partner.

Postpartum Depression

When the feelings of “baby blues” continue for a longer time and feel stronger or get worse, you may have postpartum depression

You may be feeling:

Sad, alone, worried, or nervous. You may also feel overwhelmed, ashamed, guilty, angry, upset, or irritable. You may not enjoy being with other people (including your baby) or you may get angry very easily

You may also:

- Be tired all the time.
- Want to sleep all the time.
- Have trouble sleeping or relaxing.
- Cry easily and for no reason.
- Have no appetite or want to eat all the time.
- Feel like your heart is beating too fast.
- Feel sweaty, numb, or tingling.
- Have a lump in your throat.
- Worry a lot about your baby.
- Feel rejected by your baby.

If these feelings last more than 2 weeks, get help right away. Talk with your healthcare provider or public health nurse.

Emergency Contact

Family member

1- Name
Relation
Phone Number

2- Name
Relation
Phone Number

3- Name
Relation
Phone Number

Healthcare Provider

1- Name
Phone Number
Address
.....



fertina®

A BALANCED COMBINATION OF
18 VITAMINS AND MINERALS
INCLUDING FOLIC ACID
PLUS OMEGA-3

*Before | During | After
Pregnancy*



Made in Germany