

Bite for a New Life!!

Lamino[®]

She

Food Supplement for Pregnant Women



- **Lamino She** is one stop solution for pregnant women solving all problems of nutrition. It is rich in high quality nutrient (Macronutrient as well as micronutrient) for pregnant women.
- **Lamino She** is a combination of Carbohydrate, Protein, Fat, 8 Vitamins, 5 minerals and Docosahexaenoic acid (DHA) which provides complete nutrition for pregnant women.

Nutritional Information (Approx. Values)

Nutrients	Unit	Qty./100g
Energy	kcal	455
Carbohydrate	g	64
(Sugar)	g	0
Dietary Fiber	g	1.6
Protein	g	16
Fat	g	15
(Saturated fats)	g	8.4
(Polyunsaturated Fatty Acids)	g	0.85
(Monounsaturated Fatty Acids)	g	3.65
(Trans Fatty Acids)	g	0.6
Vitamins		
Vitamin C	mg	50
Vitamin B3	mg	7.5
Vitamin B5	mcg	3800
Vitamin B6	mcg	2000
Vitamin B2	mcg	640
Vitamin B1	mcg	560
Folic acid	mcg	200
Vitamin B12	mcg	2.3
Minerals		
Potassium	mg	370
Sodium	mg	200
Phosphorus	mg	140
Magnesium	mg	67
Iron	mg	2.3
Other Ingredients		
DHA 10%	mg	335
Evening Primrose Oil (GLA-4%)	mg	100



ROLE OF VITAMINS IN PREGNANCY:

Vitamin	Benefit
B-1 (Thiamine)	Plays a big part in your baby's brain development
B-2 (Riboflavin)	Keeps your eyes healthy, and your skin glowing and fresh
B-3 (Niacin)	Improves digestion and can ease morning sickness and nausea
B-5 (Pantothenic acid)	Helps create pregnancy hormones and eases leg cramps
B-6 (Pyridoxine)	Plays a big part in your brain and nervous system development
B-7 (Biotin)	Pregnancy can cause biotin deficiency, so increases your intake
B-9 (Folic acid)	Can reduce your baby's risk of development birth defects
B-12 (Cobalamin)	Helps maintain you and your baby's spine and central nervous system

CLINICAL EVIDENCE

Nutritional Status of Pregnant Women and Newborns in a Secondary Referral Health Care Setting of India

STUDY DESIGN: Prospective, observational and descriptive study

DURATION: 6 months

TOTAL NO. OF SUBJECTS: 220 Pregnant women

- Nutritional intake of pregnant women with reference to RDA (ICMR), 2009 summarizes the nutritional intake of study participants (pregnant women) per day in comparison to RDA values given as per ICMR 2009, which was found very less in our study.
- Vital parameters, treatment, laboratory parameters, anthropometric details, food habits and intake were obtained and documented during their regular clinical visits.

Nutritional intake of pregnant women with reference to RDA (ICMR), 2009

Nutritional intake (Per day)	Study participants	RDA values as per ICMR, 2009	Nutritional intake (Per day)	Study participants	RDA values as per ICMR, 2009
Energy (Kcal)	1839.8 ± 250.2		Vitamin A (µg)	4139.5 ± 805.2	8000 IU
Protein (g)	63.1 ± 7.2	80	Thiamine (mg)	1.02 ± 0.5 mg	1.7
Calcium (mg)	760.9 ± 3.4	1300	Riboflavin (mg)	1.2 ± 0.2 mg	2
Magnesium (mg)	421.3 ± 8.6 mg	450	Niacin (mg)	11.24 ± 3.2 mg	20
Iron (mg)	9.7 ± 3.1 mg	18	Vitamin B6 (mg)	1.2 ± 0.5 mg	2.5
Zinc (mg)	7.1 ± 2.5 mg	15	Vitamin B12 (mcg)	4.8 ± 0.9 mcg	8
Iodine (mcg)	102.3 ± 2.5 mcg	150	Biotin (mcg)	221.2 ± 0.8 mcg	300

RESULTS:

- The study observed nearly 80.45% of pregnant women were within age group of 20–30 years, illiteracy population was 35.45%. In study, 78.19% of pregnant women were anaemic, and an overall distribution of 60.45% pregnant women within BMI of 18.5-25.
- In the present study the mean ± SD calorie and protein intake of the study subjects per day was found to be 1839.8 ± 250.2 Kcal and 63.1 ± 7.2g. The prevalence rate of low birth weight during the study period was 87.43%.

CONCLUSION:

Low birth weight in India has been attributed to widespread maternal undernutrition. A better understanding of the relationship of birth size to maternal nutrition is critical for planning effective intervention to improve birth weight in Indian babies.



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BACKGROUND:

Indian women are generally vulnerable to poor nutrition, especially during pregnancy and lactation. So Maternal nutrition play an important role for the Healthy Mother and Healthy Baby. The World Health Organization (WHO) recommends that balanced supplementation improves the growth and development of the mother and the baby.

DESCRIPTION:

Lamino She contains a combination of Carbohydrate, Protein, Fat, 8 Vitamins, 5 minerals and Docosahexaenoic acid (DHA). It is unique combination first time in Diskette form with scientifically proven ingredients, providing well balanced nourishment throughout pregnancy helping to prevent Pregnancy induced Hypertension (PIH), Preterm Delivery, Preeclampsia and IUGR (Intrauterine Growth Retardation).

INDICATION:

Lamino She is to be prescribed to pregnant women to fulfill the nutritional requirement.

DOSAGE:

As recommended by healthcare professional.

ADVANTAGES:

- **First time in Diskette form:** unique formulation so can be eaten Anytime and Anywhere
- **Adequate DHA:** Essential Nutrient to support fetal brain & Eye development **Lamino She** provides 335 mg DHA after consumption of 100 gm serving/day.
- **Low Sugar:** No risk of Gestational Diabetes, Weight control
- **Vanilla flavour:** The taste of Lamino She is very delicious such that the pregnant female hardly feels she is taking a supplement.
- The main source of the protein is gold standard WHEY PROTEIN, ensuring high bioavailability.
- Thus, overall the formulation is designed in such a manner to suits the daily requirement of nutrition in pregnancy period.

PRESENTATION:

Each BOX of Lamino She contains total 40 Diskette & weight of each Diskette is 5gm. Net Weight - 200gm.

La Renon Healthcare Pvt. Ltd.

207-208 Iscon Elegance, Circle P, Prahlad Nagar Cross Roads,
S.G. Highway, Ahmedabad-380015, Gujarat, India.
Phone: + 91-79-6616-8998 (30 lines) | Fax: +91-79-6616-8998
E-mail: info@larenon.com | Web: www.larenon.com

I am: _____
Call me on: _____
Mail me at: _____

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