

In pregnancy make this your first step



Benefits when trying to get pregnant

A child's needs come before they're born and even before they've actually been conceived.

So if you're trying to fall pregnant then you should take Elevit with Iodine.

Elevit with Iodine is based on a formulation clinically proven to reduce the risk of neural tube defects like spina bifida by 92%.^{1-2*}

And unlike other pregnancy supplements it's actually been proven with over one million successful pregnancies!

The benefits continue throughout pregnancy

Whilst pregnant the recommended dietary intake of nutrients increases by up to 188%.³ So you need all the help you can get.

Elevit with Iodine contains many important vitamins and minerals to help meet your increased nutritional needs.

Elevit with Iodine has a higher level of folic acid[†] than most[†] other multivitamin supplements used during preconception and pregnancy. It also contains iron to help with iron deficiency and iodine which is an important nutrient for foetal and infant brain development.^{4,5}

[†]Available in Australia

Taking Elevit with Iodine is simple

Elevit with Iodine is a once daily tablet that can be taken any time of the day and is only available in pharmacy.

It is best to take Elevit with Iodine at least one month prior to conception and it can be beneficial through to breastfeeding.

For more information on Elevit with Iodine and its benefits ask your pharmacist or visit www.elevit.com.au



Vitamin supplements should not replace a balanced diet. Always read the label. Use only as directed. *The Australian formulation of Elevit with Iodine is the same as that used in the Czeizel study except that it does not contain vitamin A and does contain iodine. [†]Please seek your doctor's advice if you have experienced a previous pregnancy involving neural tube defects or have a family history of neural tube defects. References: 1. Czeizel AE. BMJ 1993; 306:1645-8. 2. Czeizel AE, Dundas I. N Engl J Med 1992; 327: 183-185. 3. NHMRC Nutrient reference Values for Australia and New Zealand, including recommended dietary intakes 2005. 4. Velasco I et al. J Clin Endocrinol Metab 2009; 94(9): 3234-3241. 5. Eastman C. RANZCOG membership magazine O&G 2005; 7(1): 65-66. Bayer Australia Ltd. ABN 22 000 138 714. 875 Pacific Highway, Pymble NSW 2073. © Registered Trademark.

Support before
the journey begins



Menevit – Designed for male fertility

When preparing for pregnancy, remember women alone do not account for a couple's fertility.

It's important for men to ensure their sperm are healthy too.

The good news is men can take simple steps to be in the best physical condition to conceive.¹

How Menevit works

Research shows that a modern lifestyle can affect the DNA integrity of sperm and their ability to swim.²⁻⁵

Factors such as diet, stress, alcohol and smoking, together with exposure to pollution can put a man's sperm health at risk.²⁻⁴

Menevit is specifically formulated from a combination of antioxidants to support sperm health and fertility for couples planning pregnancy.

How to take Menevit

Menevit should be taken once daily. Ideally it should be taken three months before trying for a baby. This is because the sperm's production cycle takes around 74–78 days.

It's important to continue daily use while trying to fall pregnant or as directed by your healthcare professional.

For more information talk to your pharmacist, visit www.menevit.com.au or call 1800 023 884.



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References: 1. American Pregnancy Association. Preconception health for men. Available from: <http://americanpregnancy.org/gettingpregnant/menpreconception.htm> Accessed on: 25.02.08. 2. Agarwal A et al. Urology 2006; 67: 2-8. 3. Aitken RJ et al. Reprod Biomed 2003; 7(1): 65-70. 4. Eskiocak S et al. Brazilian Journal of Medical and Biological Research 2006; 39: 581-8. 5. Auger J. Et al. Hum Reproduction. 2001; 16(12): 2710-17. Bayer Australia Ltd. ABN 22 000 138 714. 875 Pacific Highway, Pymble NSW 2073. © Registered Trademark. BAME2869. 08/10. Ward6.