



DIETARY SUPPLEMENT
IOD-MOM[®]
Folic Acid Plus Iodine

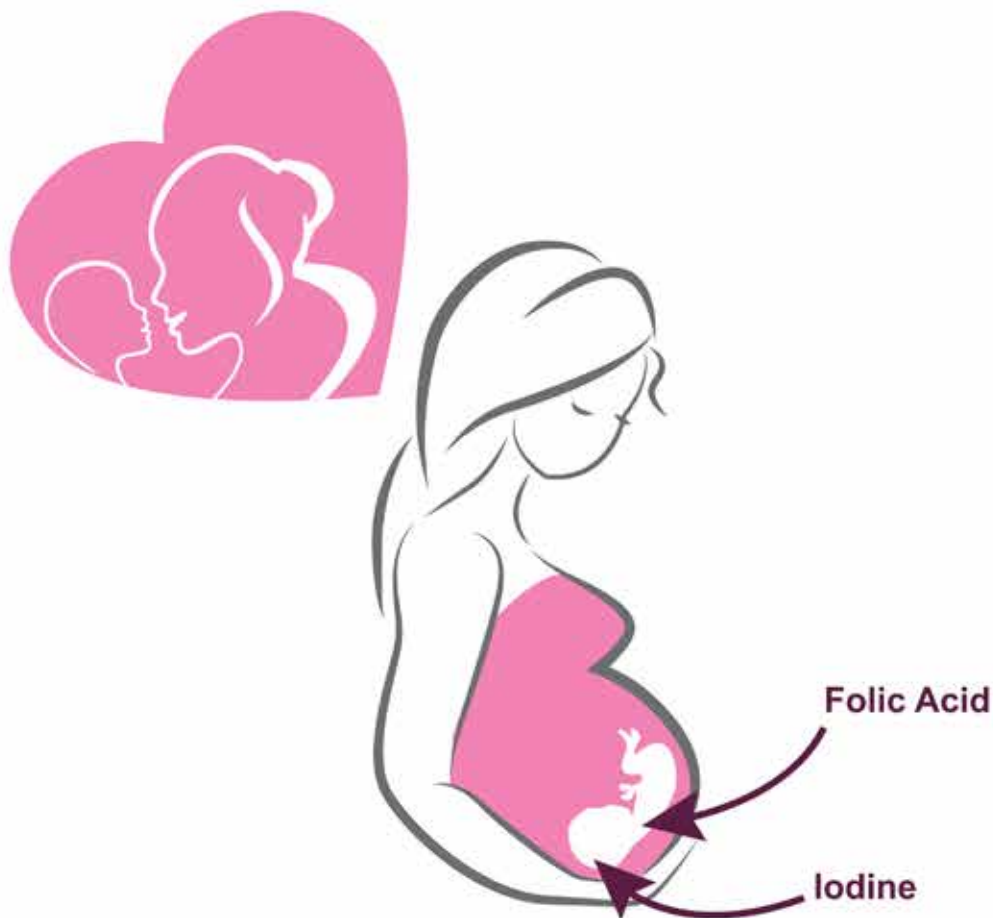




Folic Acid and Iodine in pregnancy

In order to reduce the risk of neural tube defects (NTDs) and iodine deficiency in pregnancy, the National Health and Medical Research Council recommends that pregnant women supplement their diet with folic acid and iodine.

Folic Acid: Data from US birth certificates indicate a 19% decline in the birth prevalence of NTDs and a 23% decline in spina bifida prevalence among births conceived after mandatory folic acid fortification compared with the NTDs prevalence before folic acid fortification.



Iodine: Randomized, controlled trials of iodine supplementation in pregnancy have been published involving 450 women with mild–moderate iodine deficiency gave 120–180 mg iodine as iodized salt or control daily beginning in the first trimester to healthy pregnant women. In the treated group, median upper intake increased three-fold and thyroid volume did not change. Furthermore, iodine deficiency disorders is an important milestone in healthcare associated achievements of Islamic Republic of Iran. Following reports of research findings documented by the Endocrine Research Center and institute of Nutrition, iodine deficiency was declared to be an important health priority of the country.



Ingredients of IOD-MOM®

Each Tablet contains:	
Folic Acid	500µg
Iodine	150µg

 **15** CUPS OF  SPINACH = **500** µg Folic Acid
A Day

 **15** 100gr tins of Tuna = **150** µg IODINE
EVERY DAY 



Sample of IOD-MOM®

Medical Sample



Brand Name: IOD-MOM®

Form/Strength: Tablet

How to use: Adults: Take 1 Tablet daily, with food or as directed by physician.

Each Tablet contains: Folic Acid..... 500mcg
Iodine.....150mcg

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Folic Acid Plus Iodine

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