

e'Pap for Pregnant and Breast-Feeding Mothers



What pregnant mothers eat, or don't eat, will have a direct impact on the health and reached potential of the next generation. Feels like a lot of pressure on you, Mom? Don't worry, this issue has been on our hearts for a long time, and e'Pap is here to help take that pressure off. e'Pap is an easy, quick and affordable way to ensure you get what you need.

e'Pap for the 1st 1000 days:

From the moment pregnancy starts until 2 years of age, the quality of nutrition and stimulation a child receives will have an impact on health, growth and brain development. The positive or negative effects will have an influence on the child for the rest of his/her life. This period of influenced is referred to as the importance of the 1st 1000 days.

e'Pap is a perfect solution for the 1st 1000 days -to ensure that a pregnant mother receives the nutrition her growing baby needs in-utero. e'Pap is also an easy way for breast feeding mothers to ensure a good quality and quantity diet, which will impact their breast milk positively. This can ensure continued adequate nutrition for the 1st 6 months of exclusive breast feeding.

Tailored ingredients:

e'Pap has been developed with a focus on nutrition quality – how well can the body absorb and use what is there? Minerals are added in a special form that the body can use better than other forms of minerals. The iron in e'Pap, for instance, has been proven to be more efficient in addressing iron deficiency during pregnancy and after pregnancy. It also has less side effects on pregnant women than other forms.

1. Abbas, A., Abdelbadee, S., Alanwar, A. & Mostafa, S., 2019. Efficacy of ferrous bis-glycinate versus ferrous glycine sulfate in the treatment of iron deficiency anemia with pregnancy: a randomized double-blind clinical trial. *J matern Fetal Neonatal Med.*, 32(24), pp. 4139-4145.
2. Bumrungpert, A., Pavadhgul, P., Piromsawasdi, T. & Mozafari, M., 2022. Efficacy and Safety of Ferrous Bisglycinate and Folic Acid in the Control of Iron Deficiency in Pregnant Women: A Randomized, Controlled Trial. *Nutrients*, 14(3), p. 452.
3. Fischer, J., Cherian, A., Bone, J. & Karakochuk, C., 2023. The effects of oral ferrous bisglycinate supplementation on hemoglobin and ferritin concentrations in adults and children: a systematic review and meta-analysis of randomized controlled trials. *Nutr Rev.*, 81(8), pp. 904-920.
4. Yefet, E. et al., 2021. Addition of oral iron bisglycinate to intravenous iron sucrose for the treatment of postpartum anemia-randomized controlled trial. *Am J Obstet Gynecol.*, 225(6), pp. 668.e1-668.e9.

Foetus development:

e'Pap is High in the two most important micronutrients for the unborn child's (foetus) development: Iron and Folate.

Support fatigue:

Riboflavin, Niacin, Folate, Vitamin B6, B12, C and Iron support fatigue. A growing baby will make mom tired, but at least nutrient -related fatigue shouldn't be an issue.

Joints and ligaments:

Joints and ligaments loosens to make space for the growing baby. Vitamin C, Manganese and Copper support healthy joints and ligaments.

Hormone support:

Hormones are what signals the female body to change for growing a baby – they have sharp increases during pregnancy and sudden declines after. Selenium, Iodine, vitamin D6 can assist with hormone support.

Blood system:

To support the Blood system and all the extra blood that pumps through pregnant woman's body, Riboflavin, Folate, Vitamin B6, B12, C and Iron in a special form is present in high amounts.

Support hair and nails:

Zinc, Selenium, Biotin and Copper support hair and nails, which often become brittle as unmet nutritional needs arise during pregnancy.

Supports the nervous system:

Thiamine, Riboflavin, Biotin, Niacin, Vitamin B6, B12, C, Folate, Iodine and Copper is present at high levels to support the nervous system and psychological function. This support can help with all the emotional changes during pregnancy and after birth.