

# iodacif

IODINE, FOLIC ACID & B12 VITAMIN

THE EARLY IODINE SUPPLEMENTATION FOR ATTENTION DEFICIT HYPERACTIVITY DISORDER PREVENTION

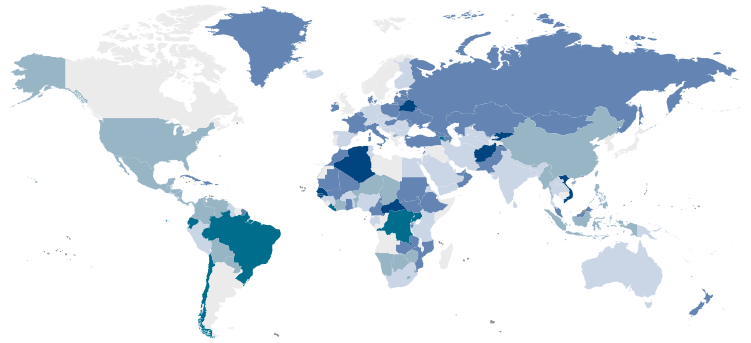
## MILD-TO-MODERATE MATERNAL IODINE DEFICIENCY (ID): AN EMERGENT PUBLIC HEALTH ISSUE

ID is one of the **most common micronutrient deficiencies worldwide**.

Degree of public health significance of iodine nutrition based on median urinary iodine: 1993-2006

- Moderate iodine deficiency (20-49 µg/l)
- Mild iodine deficiency (50-99 µg/l)
- Optimal (100-199 µg/l)
- Risk of iodine induced hyperthyroidism (200-299 µg/l)
- Risk of adverse health consequences (>300 µg/l)
- No data

Despite the program of Universal Salt Iodization recommended by WHO in 1993, recent studies demonstrate the current **persistence of mild-to-moderate ID in industrialized countries**.



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of **European countries** having assessed iodine nutrition during pregnancy, have reported inadequate iodine intakes.

## ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) IN CHILDREN

ADHD has become a growing concern and nowadays, its worldwide prevalence is estimated **around 7.2% of all children**.



**MORE AND MORE STUDIES FOCUS ON THE CORRELATION BETWEEN MILD-TO-MODERATE IODINE DEFICIENCY IN PREGNANCY AND BEHAVIOURAL PROBLEMS IN CHILDHOOD, INCLUDING ADHD.**

## IODACIF, OUR TAILOR-MADE SOLUTION FOR ADHD PREVENTION



### NOTHING MORE, NOTHING LESS: TAILOR-MADE

**Iodacif** is the one-a-day solution, clinically supported to prevent iodine deficiency and related behavioural problems in children. **Iodacif** contains a **specific combination of active ingredients** provided in adequate doses to comply with international recommendations.



### IODINE: ESSENTIAL FOR BRAIN DEVELOPMENT AND PREVENTION OF CHILDREN BEHAVIOURAL PROBLEMS

**Iodacif** contributes to reduce the **deficiency commonly observed in pregnant women** and meets the need of supplementation programs required by many industrialized countries.



### FOLIC ACID: PROTECTION AGAINST NEURAL TUBE DEFECTS

Folic acid has been proven to **prevent 72% of cases of spina bifida and anencephaly** and is **recommended for all women planning pregnancy**.



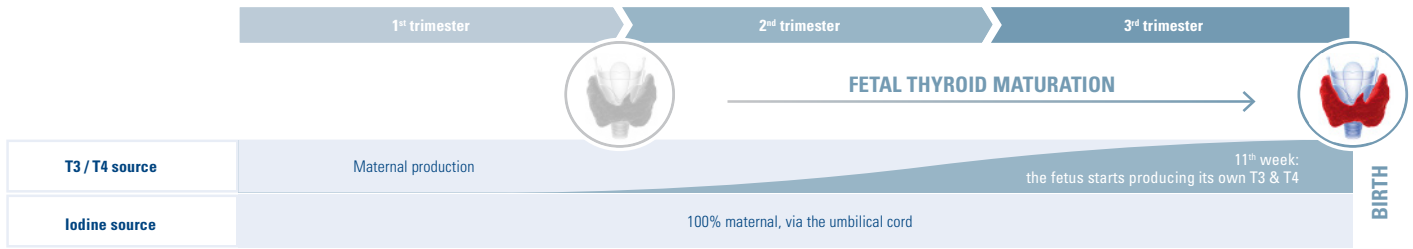
### B12 VITAMIN: CENTRAL ROLE IN THE NORMAL NERVOUS FUNCTIONS

B12 vitamin is recognized for its synergic and interdependent action with folic acid and allows its activation in the body.



## MATERNAL IODINE NEEDS INCREASE BY > 50% DURING PREGNANCY

Fetal neural development is highly dependent of T3 and T4, two hormones produced by thyroid and mainly composed by iodine molecules. In case of mild-to-moderate maternal iodine deficiency, TSH levels are increased as a stimulatory mechanism for thyroid hormone secretion.

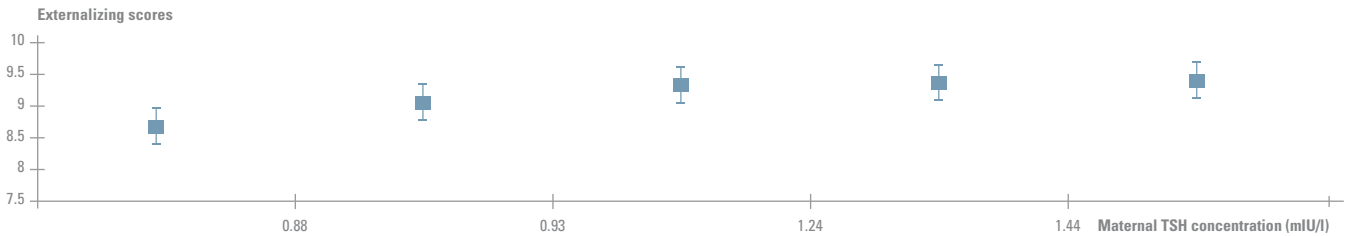


## IODACIF, THE CLINICALLY STUDIED SUPPLEMENTATION

### MATERNAL TSH CONCENTRATION & ADHD

Prospective population-based study conducted on 3,736 children to investigate the association of maternal thyroid function during the first half of pregnancy with behavioural problems in the offspring up to age 3 yo.

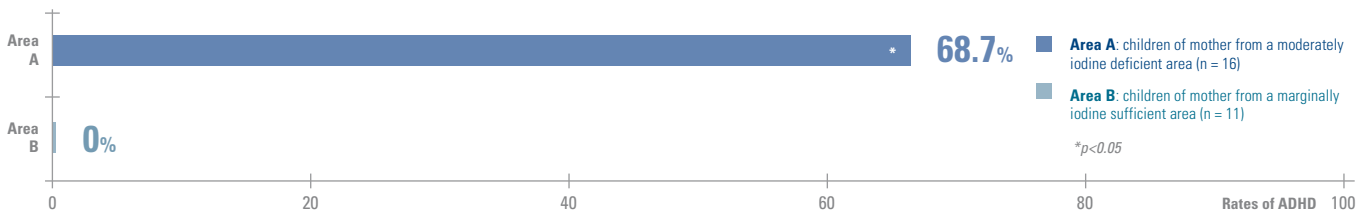
Externalizing score = attention problems & aggressive behaviour



Higher levels of maternal TSH, a marker of iodine deficiency, is linked to more pronounced attention problems & aggressive behaviours in children.

### IODINE DEFICIENCY & ADHD

10 years prospective study conducted on 27 children to evaluate the direct causal relationship between mother exposition to iodine deficiency and ADHD.



68.7% of women from iodine deficient area have given birth to ADHD positive children.

## TECHNICAL INFORMATION

- **Actives:** Iodine, Folic acid, B12 vitamin
- **Presentation:** 30 tablets in a blister
- **Regulatory:** Food supplement
- **Posology:** 1 tablet / day, 1 month before and at least 3 months after conception

### IODACIF, THE EARLY IODINE SUPPLEMENTATION FOR ADHD PREVENTION

- ▶ TAILOR-MADE FORMULA
- ▶ PREVENTION OF IODINE DEFICIENCY DISORDERS
- ▶ FETAL BRAIN DEVELOPMENT
- ▶ ONE-A-DAY SOLUTION



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