

PLUS PLUS

trimacareTM

ADVANCE

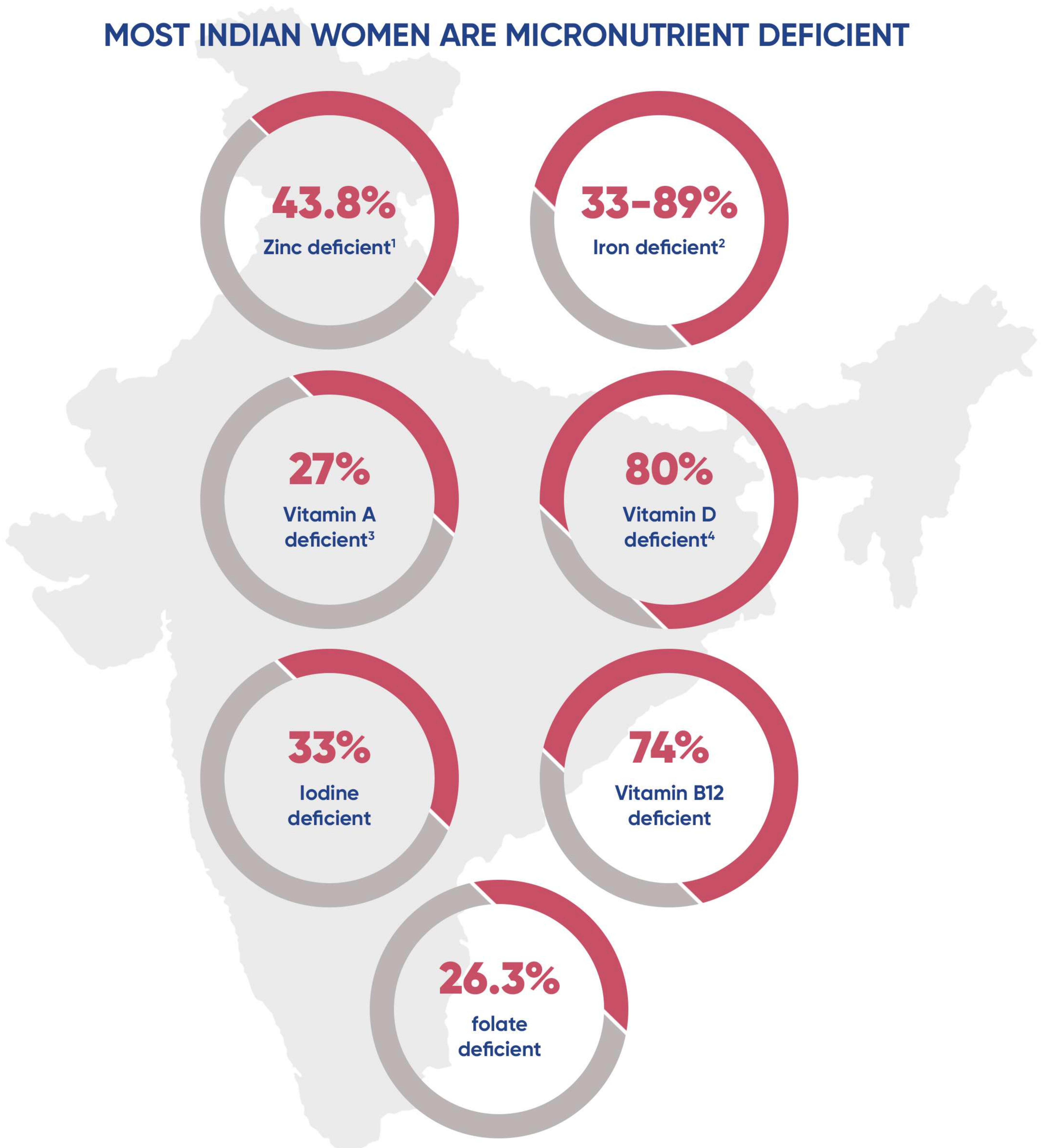
PREGNANCY SUPPLEMENT

PATENTED FORMULATION



For **Stronger** Mothers, **Healthier** Babies

MOST INDIAN WOMEN ARE MICRONUTRIENT DEFICIENT



1 in 2 pregnant women have intakes of micronutrients below EAR[#], because Indian diet is **carbohydrate-rich but nutrient-deficient**⁵.

Adverse health outcomes of gestational micronutrient deficiency⁶

Short-term

- Miscarriage
- Stillbirth
- Birth defects
- Small size for gestational age
- Preterm birth

Long-term

- Death
- Altered growth, body composition
- Compromised cardiometabolic, pulmonary & immune function
- Poor neurodevelopment & cognition

[#] EAR- Estimated Average Requirement

1. Ref - J Health Popul Nutr. 2013 Jun; 31(2): 139-149.
4. Ref - J Family Med Prim Care. 2018 Mar-Apr; 7(2): 324-330.

2. Ref - International Journal of Contemporary Medical Research Vol 3 | Issue 8 | Aug 2016
5. Ref - European Journal of Clinical Nutrition (2019) 73: 1536-1545

3. Ref - International Journal of Obstetrics and Gynaecology
6. Ref - Nat Rev Endocrinol.2016 May;12(5):274-289

MULTI-MICRONUTRIENTS ARE BENEFICIAL FOR PREGNANCY OUTCOME

MMN supplementation reduces the risk of

- Low birth weight by **15%** | Preterm birth by **55%** | SGA by **7%**
Pre-eclampsia by **45%**^[1-4]

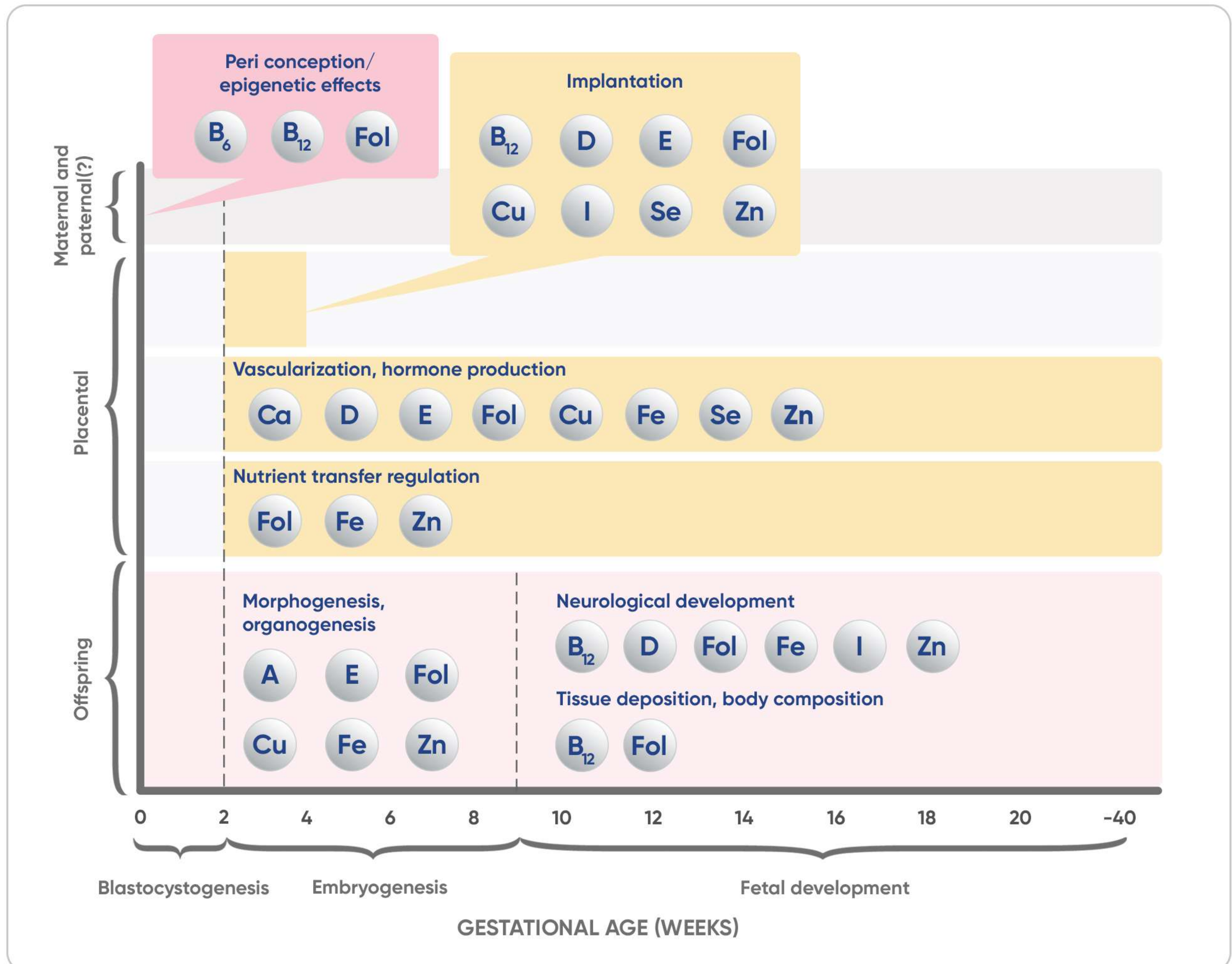


Figure: Multi-Micronutrients required in pregnancy

- MMN supplementation improves childhood survival, growth, body composition, blood pressure, respiratory & cognitive outcomes.⁵
- MMN supplementation is effective in reducing maternal anaemia as compared to iron & folate supplementation alone.⁶

[1] Placenta.2016 Dec; 48 Suppl : 561-565
[2] Br J Nutr. 2007 sep; 118(6): 431-440

[3] Nutrients. 2020 Feb; 12 (2): 491
[4] Obstet Med. 2019 mar; 12(1): 5-13

[5] Ref - BMC Medicine(2016) 14:90
[6] Ref - Matern Child Nutr. 2018; 14(S5):e12704

PlusPlus Lifesciences introduces

INDIA'S MOST ADVANCED PRENATAL TABLETS

For a healthy pregnancy



PLUS PLUS

trimacare™

ADVANCE

Based on Multi-micronutrients (MMN), including Iron, Folate, Calcium (IFC), **suggested by ICMR & WHO.**

Trusted in developed countries for decades & now available for Indian pregnant women



One-Stop Solution
Good for mother, good for baby.

Patients prefer less pills during pregnancy.

40% Pregnant women reported non-adherence to therapy due to multiple pills.¹



TRIMACARE™ IS A 3-STAGE COURSE:

Unique formulation for every trimester of pregnancy
(Trimacare can be introduced at any stage of pregnancy)



1 Tablet per day

TRIMACARE™ 1 (01-12 weeks)

20+ Nutrients, including:

- L Methylfolate (5 mg): 7 times more bioavailable than Folic acid
- Omega 3 (EPA:DHA = 2:3) (100 mg): Vegetarian source from deep sea Algae stimulates tube formation and prevents placentation disorders
- Pyridoxine (10 mg) & Anti-emetic blend for morning sickness
- Vitamin D, Vitamin B12, Iodine, Zinc & more

TRIMACARE™ 2 (13-26 weeks)

20+ Nutrients, including:

- Iron as Ferrous ascorbate (60 mg): Time-Release for minimizing G.I. side effects
- Right combination of calcium & Vitamin D; 1250 mg Calcium (Elemental 500 mg) & 400 IU Vitamin D
- Omega 3 (EPA:DHA = 2:3) (200 mg): Vegetarian source from deep sea Algae Promotes foetal CNS & brain development. Prevents preterm birth.
- Magnesium & Vitamin E for leg cramps
- Vitamin B12, Iodine, Zinc & more



1 Tablet before meal

1 Tablet after meal

TRIMACARE™ 3 (27-40 weeks)

20+ Nutrients, including:

- Magnesium (310 mg): Prevents cramps & preeclampsia
- Bowel Regulator for constipation
- Iron as Ferrous ascorbate (60 mg): Time-Release for minimizing G.I. side effects
- Omega 3 (EPA:DHA = 2:3) (200 mg): Vegetarian source from deep sea Algae
- Elemental Calcium (500 mg)
- Vitamin D, Vitamin B12, Iodine, Zinc & more



1 Tablet before meal

1 Tablet after meal

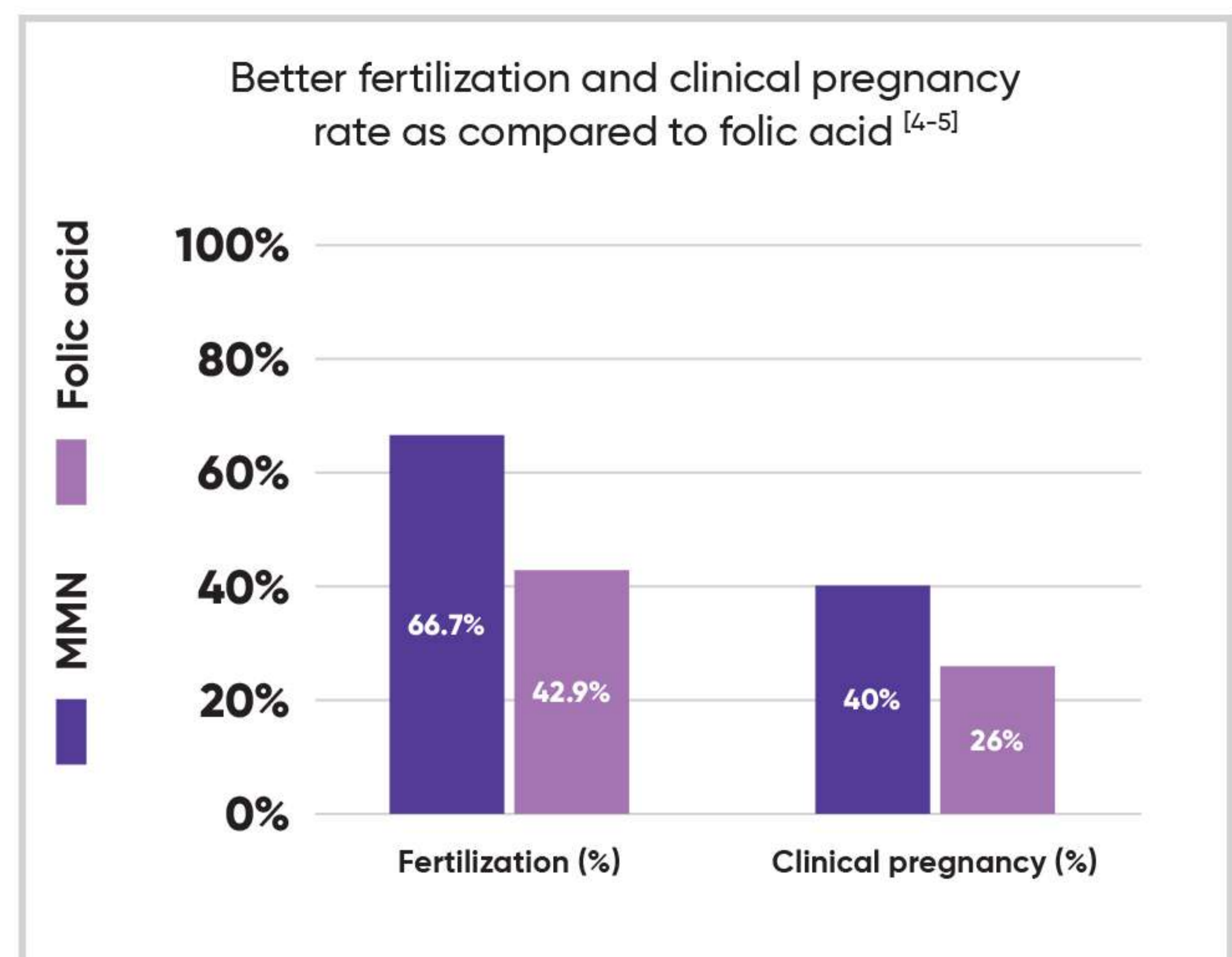
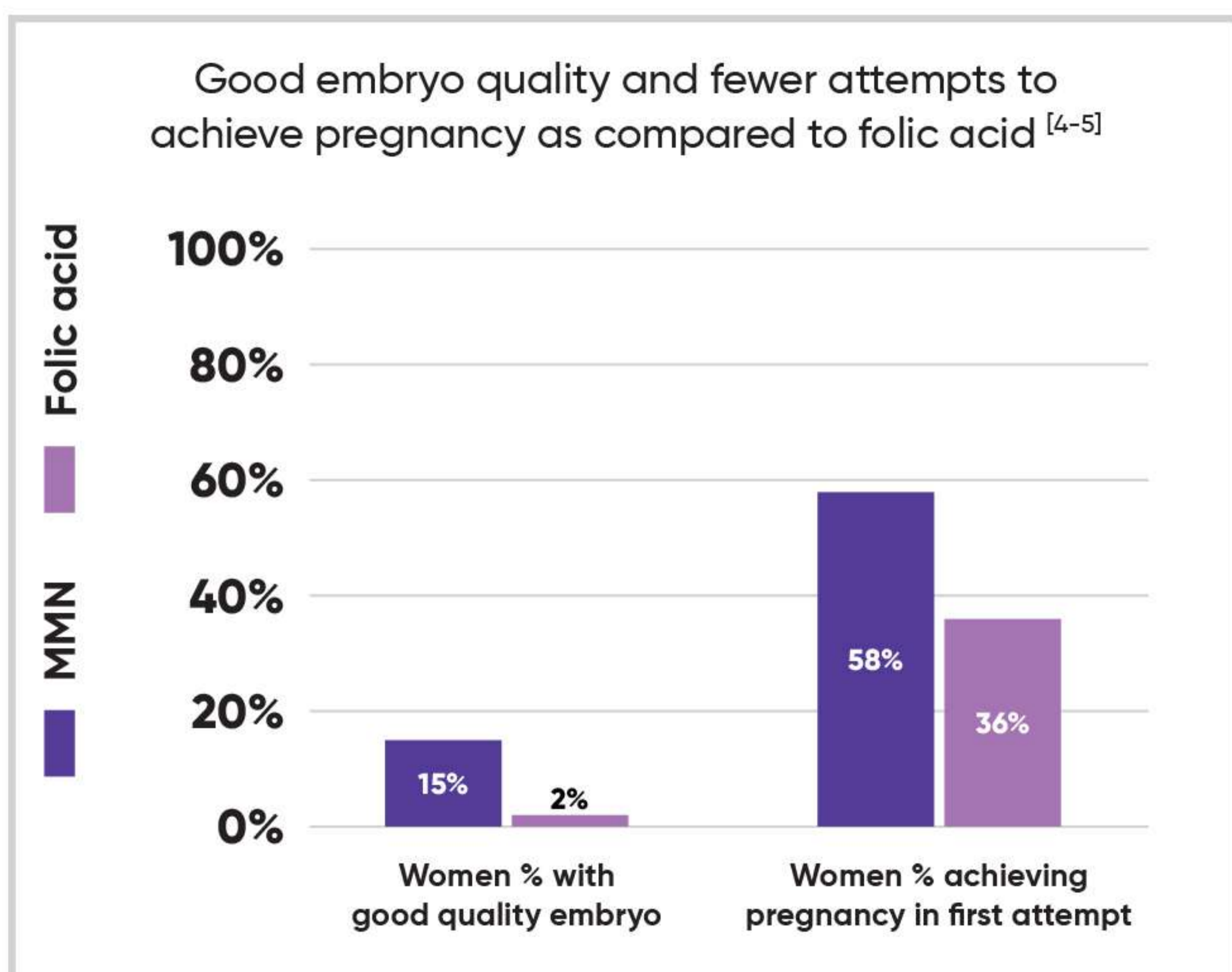


Prenatal tablets
for healthy pregnancy

Positive impact on clinical outcomes of IVF therapy

Favourable effect of MMN supplementation on IVF therapy [1-3]

- ✓ Normalizes trace element levels
- ✓ Lowers the risk of ovulatory infertility
- ✓ Positive impact on the quality of the microfollicular environment
- ✓ Positive impact on oocyte and embryo quality
- ✓ Positive impact on implantation and live birth
- ✓ Reduces the incidence of low birth weight, small-for-gestational age, and preterm birth



- ✓ **Vitamin D & Omega 3:** Improve clinical pregnancy rate and live birth [6,7]
- ✓ **Antioxidants:** Vitamin B2, B6, A, C, E, Copper, Manganese, Zinc and Selenium improve IVF outcome [1,2]
- ✓ **Vitamin E:** Reduces the time to achieve pregnancy [2]
- ✓ **Vitamin B2, B12 and Folate:** Initiate early embryo development and provide positive IVF outcome [8]

[1] Reprod Biomed Online. 2017;35(6):715-722
 [2] Clin Med Insights Womens Health. 2019;12:1179562X19843868
 [3] Cochrane Database Syst Rev. 2019;3(3):CD004905

[4] Gynecol Obstet Invest. 2017;82(1):8-14.
 [5] Reprod Biomed Online. 2012;24(1):54-60.
 [6] Hum Reprod. 2012;27(11):3321-3327.

[7] Hum Reprod. 2018;33(1):156-165
 [8] Front Nutr. 2022;9:962212



Prenatal tablets
for healthy pregnancy

- ✓ **20+ micronutrients:** Play important role in various biochemical processes
- ✓ **L-Methylfolate:** Active form of folic acid; 7 times more bioavailable than Folic acid
- ✓ **Time-release Iron (Ferrous ascorbate):** Reduces GI side effects. Time release pattern is in 4 packets of 40%+20%+20%+20% in total of 8 hours
- ✓ **Vegetarian source of Omega-3:** Convenient for vegans & vegetarians

Functional Category	Micronutrients of Trimacare™ 2
Fertility modulator	Vit D, Vit E, Vit C, Vit B6, Folate, Zn, Fe, ω-3 & Se
Antioxidants	Vit A, Vit B2, Vit E, Vit C, Se, Fe, Cu, Zn & Mn
Haematopoiesis	Vit A, Vit B6, Vit B12, Vit K, Fe, Cu, Folate, Ca & Zn
Neuropeptide synthesis	Vit C, Vit B5, Vit B6 & Mg
DNA & RNA synthesis	Vit B1, Vit B3, Vit B12, Folate, Mg, Fe & Zn
Thyroid hormone activity	Se, Iodine & Vit C
Amino acid synthesis	Vit B6, Folate, Mg, Zn & Mo
Ocular Integrity	Vit A, Vit C, Vit E, ω-3, Zn & Se
Skin integrity	Vit A, Vit C, Vit D, Vit E, Zn, Cu & Se
Bones and Teeth Health	Vit D, Vit A, Ca, Vit K, Mg, Fe, Cu & Zn
Growth and development	Vit A, Vit E, Vit K, Fe, Cu, Mg, Mn, Zn, B & Mo
Metabolic process	B vitamins, Vit C, Vit D, Iodine, Mg, Mn & Cr
Mood Modulator	Vit D, Vit B1, Vit B2, Vit B5, Vit B6 & Vit B



Prenatal tablets for healthy pregnancy

KEY MICRONUTRIENTS AND THEIR BENEFITS

L-Methylfolate [1-2]

- **MTHFR gene polymorphism:** 40–60% of population unable to convert folic acid to L-methylfolate
- Enhances women's fertility
- Helps in RBC & DNA synthesis

Vitamin A [3-4]

- Assist conception, implantation, placentation, and regular foetal growth
- Daily low-dose supplementation is safe for foetus as well as pregnant women
- Maintains Ocular Integrity

Vitamin D [5-6]

- Supports optimal absorption of Calcium
- Reduces the risk of GDM
- Reduces the risk of pre-eclampsia and preterm birth
- Lowers the risk of intrauterine infection
- Important for foetal morphological and functional development

Zinc [7]

- Regulates T-helper cytokines
- Helps in neurogenesis
- Plays important role in cognitive development
- Important for bones and skeleton muscles
- Reduces the risk of preeclampsia and preterm birth
- Lowers the risk of intrauterine infection

Iodine [8]

- Contributes to production & function of thyroid hormones in pregnant women
- Regulates calcium homeostasis
- Plays important role in brain and nervous system health

Vitamin B12 [9]

- Contributes neuronal development particularly in myelinogenesis
- Plays important role in RBC & DNA synthesis
- Prevents spina bifida and other spinal and central nervous system birth defects

Iron [10]

- Ferrous ascorbate with time release formulation
- Formulated in a base to provide prolonged activity over a 6-to-8-hour period
- Provides excellent absorption & prevents gastro-intestinal side effects
- Improves Hb production and oxygen supply to foetus

Omega-3 [11-13]

- Ferrous ascorbate with time release formulation
- Stimulates tube formation
- Prevents placentation disorders
- Provides excellent absorption & prevents gastro-intestinal side effects
- Supports CNS growth & brain development
- Prevents preterm birth

Calcium [14]

- Calcium Carbonate with 400 IU of Vit D for proper absorption
- Does not leave metallic or chalky taste
- Maintains parathyroid hormone (PTH) levels
- Reduces the risk of pre-eclampsia and preterm birth
- Essential for bone development

Magnesium [15-16]

- Plays important role in over 600 enzymatic reactions
- Able to influence foetal programming and disease presentation in childhood or adulthood
- Reduces incidence of leg cramps
- Reduces risk of pre-eclampsia & IUGR

Vitamin K [17-18]

- Plays important role in haematopoiesis, bone formation & growth
- Supports cardiovascular function
- Facilitates calcium transportation
- Prevents blood vessel calcification
- Facilitates wound recovery after delivery

[1] Rev Obstet Gynecol. 2011;4(3-4):126-127
[2] J Perinat Med. 2019 Nov 26;47(9):958-962
[3] Nutr Rev. 2021;79(1):76-87 [4] Nutrients. 2021;13(7):2370
[5] BMC Pediatr. 2021;21(1):330
[6] Arch Gynecol Obstet. 2022 Feb;305(2):495-504

[7] Molecules. 2020 Nov 30;25(23):5630
[8] Nutrients. 2021 Mar 7;13(3):872
[9] Matern Child Nutr. 2014 Apr;10(2):226-33
[10] Indian J Med Res. 2021 Jul;154(1):78-84
[11] doi: 10.15761/JPR.1000103
[12] Placenta. 2011 Sep;32(9):626-632

[13] Rev Obstet Gynecol. 2010 Fall;3(4):163-71
[14] J Obstet Gynaecol India. 2017 Oct;67(5):313-318
[15] Biol Trace Elem Res. 2021;199(10):3647-3657
[16] Adv Biomed Res. 2017 Aug 31; 6:109
[17] Sci Rep. 2018 Jul 30;8(1):11459
[18] Nutr Rev. 2020 Oct 1;78(10):813-826



1 Tablet per day

Unique formulation for preconception to first trimester of pregnancy

NUTRIENTS	ICMR guidelines	TRIMACARE 1	RDA	REMARKS
Vitamin B9 (L-methyle folate)	570 mcg	5 mg	@	To meet condition-specific requirement
Vitamin A (Retinol & β carotene)	900 mcg Retinol, 6400 mcg Beta carotene	800 mcg Retinol, 800 mcg β carotene	22%	Low levels of Vitamin A is safe for fetus as well as mother
Zinc	14.5 mg	12 mg	83%	
Vitamin D (Ergocalciferol)	600 IU	400 IU	67%	
Vitamin E (α tocopherol)	10 mg	10 mg	100%	
Iodine	220 mcg	200 mcg	91%	
Magnesium	440 mg	206 mg	47%	
Vitamin C (Ascorbic acid)	80 mg	60 mg	75%	
Vitamin B1 (Thiamin)	2.0 mg	1.6 mg	80%	
Vitamin B2 (Riboflavin)	2.7 mg	2 mg	74%	
Vitamin B3 (Niacin)	18 mg	18 mg	100%	
Vitamin B5 (Pantothenic acid)	5 mg	5 mg	100%	
Vitamin B6 (Pyridoxine)	2.3 mg	10 mg	434%	Recommended dose for morning sickness/NVP
Vitamin B7 (Biotin)	40 mcg	30 mcg	75%	
Vitamin B12 (Methylecobalamin)	2.45 mcg	3.6 mcg	147%	
Vitamin K2 (Menaquinone)	55 mcg	55 mcg	100%	
Copper	1.7 mg	1.7 mg	100%	
Selenium	40 mcg	40 mcg	100%	
Manganese	4 mg	4 mg	100%	
Chromium	50 mcg	50 mcg	100%	
Molybdenum	45 mcg	45 mcg	100%	
Boron		150 mcg	#	
Omega 3 EPA:DHA [2:3]		100 mg	#	
Anti-emetic Anti-nausea Prop. Blend*		200 mg	#	For morning sickness/NVP
Iron	35 mg	x	x	R _x ed in 2 nd trimester
Calcium	1200 mg	x	x	R _x ed in 2 nd trimester

*Scutellaria baicalensis, Citrus ext, Ganoderma lucidum, Zingiber officinale, Grape seed and Mentha spicata Peppermint & Cinnamon.



Morning Tablet: Iron component with 20+ micronutrients



Evening Tablet: Calcium component with Magnesium & Vitamin D

Unique formulation for second trimester of pregnancy

	NUTRIENTS	ICMR	TRIMACARE 2	RDA	REMARKS
MORNING	Vitamin B9 (L-methyl folate)	500 mcg	0.5 mg	100%	
	Vitamin A (Retinol & β carotene)	900 mcg Retinol, 6400 mcg Beta carotene	800 mcg Retinol, 800 mcg β carotene	22%	Low levels of Vitamin A supplementation is safe for fetus as well as mother
	Zinc	14.5 mg	12 mg	83%	
	Vitamin E (α tocopherol)	10 mg	10 mg	100%	
	Iodine	220 mcg	200 mcg	91%	
	Vitamin C (Ascorbic acid)	80 mg	60 mg	75%	
	Vitamin B1 (Thiamin)	2.0 mg	1.6 mg	80%	
	Vitamin B2 (Riboflavin)	2.7 mg	2 mg	74%	
	Vitamin B3 (Niacin)	18 mg	18 mg	100%	
	Vitamin B5 (Pantothenic acid)	5 mg	5 mg	100%	
	Vitamin B6 (Pyridoxine)	2.3 mg	3 mg	130%	
	Vitamin B7 (Biotin)	40 mcg	30 mcg	75%	
	Vitamin B12 (Methylcobalamin)	2.45 mcg	3.6 mcg	147%	
	Vitamin K2 (Menaquinone)	55 mcg	55 mcg	100%	
	Copper	1.7 mg	1.7 mg	100%	
	Selenium	40 mcg	40 mcg	100%	
	Manganese	4 mg	4 mg	100%	
	Chromium	50 mcg	50 mcg	100%	
	Molybdenum	45 mcg	45 mcg	100%	
Boron			150 mcg	#	
Omega 3 EPA:DHA [2:3]			200 mg	#	
Iron	27 mg		60 mg	222%	As per practice
EVENING	Vitamin D (Ergocalciferol)	600 IU	400 IU	67%	
	Magnesium	440 mg	206 mg	47%	
	Calcium	1000 mg	1250 mg (500 mg elemental)	125%	As per practice



Morning Tablet: Iron component with 20+ micronutrients



Evening Tablet: Calcium component with Magnesium, Vitamin D & bowel regulator

Unique formulation for third trimester of pregnancy to lactation

	NUTRIENTS	ICMR	TRIMACARE 2	RDA	REMARKS
MORNING	L-methyl folate (Vitamin B9)	500 mcg	0.5 mg	100%	High levels of Vitamin A is safe for fetus as well as mother
	Vitamin A (Retinol & β carotene)	900 mcg Retinol, 6400 mcg Beta carotene	800 mcg Retinol, 800 mcg β carotene	22%	
	Zinc	12 mg	12 mg	100%	
	Vitamin E (α tocopherol)	10 mg	10 mg	100%	
	Iodine	250 mcg	200 mcg	80%	
	Vitamin C (Ascorbic acid)	80 mg	60 mg	75%	
	Vitamin B1 (Thiamin)	2.0 mg	1.6 mg	80%	
	Vitamin B2 (Riboflavin)	2.7 mg	2 mg	74%	
	Vitamin B3 (Niacin)	18 mg	18 mg	100%	
	Vitamin B5 (Pantothenic acid)	5 mg	5 mg	100%	
	Vitamin B6 (Pyridoxine)	2.3 mg	3 mg	130%	
	Vitamin B7 (Biotin)	40 mcg	30 mcg	75%	
	Vitamin B12 (Methylcobalamin)	2.45 mcg	3.6 mcg	147%	
	Vitamin K2 (Menaquinone)	55 mcg	55 mcg	100%	
	Copper	1.7 mg	1.7 mg	100%	
	Selenium	40 mcg	40 mcg	100%	
	Manganese	4 mg	4 mg	100%	
	Chromium	50 mcg	50 mcg	100%	
	Molybdenum	45 mcg	45 mcg	100%	
Boron			150 mcg	#	
Omega 3 EPA:DHA [2:3]			200 mg	#	
Iron	27 mg		60 mg	222%	As per practice
EVENING	Vitamin D	600 IU	400 IU	67%	
	Magnesium	440 mg	310 mg	70%	For preventing cramps & hypertension
	Calcium	1000 mg	1250mg (500 mg elemental)	125%	As per practice
	Bowel Regulator Prop Blend**		100 mg	#	For constipation

**Hull lignans, Foeniculum vulgare, Senna alexandrina, Zingiber officinale and Cuminum cyminum



PlusPlus Lifesciences

Extraordinary Care, Extraordinary Life.

PlusPlus Lifesciences is a healthcare company backed by science & innovation. Our products are carefully formulated by a team of doctors, pharmacologists & nutritionists to meet the highest standard of quality, safety & efficacy.

Choose PlusPlus for extraordinary care & extraordinary benefits.



PlusPlus Lifesciences
Extraordinary Care, Extraordinary Life.

A-2, Sector 59, Noida, Uttar Pradesh 201 309, India, customercare@pluspluslifesciences.com | Call: +91 120 3955555

Call **+91 966 792 1818** for **home delivery within 24 hrs.**

Available at a chemist near you.

Also available on

