

BioNeo

FOOD SUPPLEMENT

Recommended for - Morning Sickness
Indigestion & Hormonal Imbalance



30

CAPSULES

bionutrica

BioNeo tablets, which contain ginger extract and pyridoxine (Vitamin B6), offer several potential health benefits.

1. Morning Sickness Relief:

Ginger extract, an important component in BioNeo tablets, is known for its anti-nausea properties and may help alleviate morning sickness during pregnancy. With Vitamin B6 that help in reducing tiredness and fatigue. Reference: Viljoen, E., Visser, J., Koen, N., & Musekiwa, A. (2014). A systematic review and meta-analysis of the effect and safety of ginger in the treatment of pregnancy-associated nausea and vomiting. *Nutrition Journal*, 13(1), 20.

2. Vitamin B6 Supplementation:

Pyridoxine (Vitamin B6) is essential during pregnancy for the development of the baby's brain and nervous system. It may also help reduce nausea, feeling of fatigue and tiredness, and vomiting during pregnancy. Reference: ACOG. (2015). Committee Opinion No. 650: Physical Activity and Exercise During Pregnancy and the Postpartum Period. *Obstetrics & Gynecology*, 126(6), e135–e142.

3. Digestive Comfort:

Ginger has been traditionally used to support healthy digestion and may help alleviate indigestion, bloating, and gas. Reference: Thomson, M., & Corbin, R. (2014). Assessment of dietary intake of pregnant women in South West Nova Scotia. *BMC Pregnancy and Childbirth*, 14(1), 276.

4. Anti-Inflammatory Properties:

Ginger extract in BioNeo tablets has anti-inflammatory properties, which may be beneficial for reducing inflammation and discomfort associated with conditions like gestational diabetes or swollen joints during pregnancy. Reference: Daily, J. W., Zhang, T., & Park, S. (2015). Efficacy and safety of ginger in osteoarthritis patients: a meta-analysis of randomized placebo-controlled trials. *Osteoarthritis and Cartilage*, 23(1), 1321.

5. Potential Anti-Nausea and Anti-Inflammatory Effects in Other Situations: Beyond pregnancy, ginger's anti-nausea and anti-inflammatory properties may be beneficial for individuals experiencing nausea due to motion sickness or undergoing chemotherapy. Reference: Ernst, E., & Pittler, M. H. (2000). Efficacy of ginger for nausea and vomiting: a systematic review of randomized clinical trials. *British Journal of Anaesthesia*, 84(3), 367371.



Typical Values	Per Day	%NRV*
Ginger (<i>Zingiber officinale</i>) Rhizome Powder	500 mg	**
Pyridoxal 5-Phosphate eq. to Pyridoxine	2.42 mg	173%

*NRV (Nutrient reference values) established in the regulation 1169/2011 of the European Parliament and of the council of 25 October 2011
 **NRV not established.

How should I take this? Take 1 Capsule a day	<input checked="" type="checkbox"/> Not tested on animals <input checked="" type="checkbox"/> Manufactured in a GMP Certified facility
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Non-GMO Natural Ingredients

Bioreva Sciences Limited
 Unit A4, Gem Park, Athlone Road,
 Longford, Republic of Ireland

visit us on bionutrica.uk, write us on info@bionutrica.uk
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