Guide to the use of food supplements

Communication with parents led us to the idea of creating a clear manual that will make it easier for you to take care of yourself and your family. We developed it with a team of experts under the guidance of an experienced nutrition specialist, in accordance with the observations of parents. It will explain why vitamins and minerals are an important part of the diet, when to include food supplements in the daily routine, how to approach their selection and dosage, and how to compile your own mix of vitamins and minerals.

We believe that you will like Beggs food supplements and they will become a natural part of your lifestyle.

With a smile

Beggs

Beggs

WHEN TO INCLUDE FOOD SUPPLEMENTS AS A COMPLEMENT TO A BALANCED AND VARIED DIET

The primary source of nutrition is natural food. Even if you try to eat varied and balanced meals, you never know if the nutrients you get from them cover the real nutritional needs of your body. Scientific studies published in the medical journal Science Daily revealed that many people's diets sometimes contain only half of the recommended amount of magnesium and folic acid. About 50 % of adult women and more than 70 % of teenage girls have less calcium in their diet than the recommended allowances. Vitamins A, B6, B12, C, D, as well as iodine, iron and zinc are also significantly less in the normal diet than they should be.[1]

Pregnancy, increased physical activity, age, health status, various types of disorders, medication consumption, stress, workload, smoking, vegetarianism or certain life events change the daily need for nutrients. For example, during pregnancy and breastfeeding, the need for certain vitamins and minerals increases by up to 50 %.[2]

Beggs food supplements can optimize gaps in your diet. At the same time, as a supplement to a balanced and varied diet, it will supplement the intake of a larger amount of certain nutrients that your body may need.

BENEFITS OF FOOD SUPPLEMENTS

Perhaps you are also a regular user of food supplements and you do not know exactly what they are made of and what their effects are.

Vitamins

They are organic compounds that participate in the regulation of metabolic functions in cells and processes that release energy from food.

We know a total of 13 vitamins. They are divided into fat-soluble vitamins (A, D, E, K) or water-soluble (group B vitamins and vitamin C). The distinction between fat-soluble and water-soluble vitamins is important because fat--soluble vitamins are stored in the body for a relatively long time - months or even years. Water soluble vitamins, with the exception of vitamin B12, remain in the body for a short time. Therefore, it is advisable to supplement these vitamins.

With a few exceptions – especially vitamins D and K – the body cannot make vitamins on its own. Their intake can be secured with a varied diet, which can be supplemented with food supplements.

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[1] https://www.sciencedaily.com/releases/2013/10/131031090348.htm

[2] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7926714/

Minerals

They are contained in the body in small amounts. In total, they represent about 4 % of body weight. These inorganic substances participate in a whole range of life processes.

More than 60 different minerals in the body are made up of only 22 essential elements. Seven of these—calcium, chlorine, magnesium, potassium, and sulfur—are usually considered as major elements. The other 15 are trace elements, because the amount of them that a person needs daily is tiny.

Plant extracts

Many plants contain several active substances that interact with each other. Herbal food supplements are mainly prepared from their leaves, flowers, stems, roots or bark.

Other groups of substances

They are of plant or animal origin, some are prepared in laboratories. These groups of substances include fish oil, vegetable oils, compounds such as flavonoids, soy isoflavones and carotenoids found in fruits and vegetables, algae, bee products, coenzyme Q10, probiotics, prebiotics, fiber, lecithin, choline, glucosamine, grape seed extract, bromelain, alpha-lipoic acid, amino acids and many others.

Vitamins, minerals, plant extracts and other groups of substances from which food supplement formulas are prepared have a number of functions:

- They contribute to the normal functioning of the immune system, such as vitamin C, folate or zinc
- They contribute to the normal functioning of the brain and nervous system, such as vitamin B6, biotin or niacin
- They contribute to normal vision, such as zinc or riboflavin
- They contribute to the normal functioning of the heart, such as eicosapentaenoic acid, docosahexaenoic acid or thiamin[3]
- They contribute to maintaining normal blood pressure, such as eicosapentaenoic acid and docosahexaenoic acid[4]
- They contribute to normal mental activity, such as vitamin C, vitamin B6 or magnesium
- They contribute to the normal formation of red blood cells, such as riboflavin, iron or vitamin B12
- They contribute to the reduction of fatigue and exhaustion, such as magnesium, niacin or vitamin C
- They contribute to the regulation of hormonal activity, such as zinc, folate or iodine
- They contribute to normal muscle activity, such as calcium or vitamin D
- They contribute to maintaining a normal bone condition, such as magnesium, manganese or vitamin D
- They contribute to maintaining the normal state of the teeth, such as vitamin D or magnesium
- They contribute to normal DNA synthesis, such as zinc, folate or iron
- They contribute to normal fertility and reproduction, such as selenium, vitamin B12 or vitamin D
- They contribute to the maintenance of normal condition of bones, hair, nails and skin, such as calcium, riboflavin or biotin
- They contribute to the protection of cells from oxidative stress, such as vitamin E, vitamin C or manganese
- They contribute to maintaining a normal bone condition, such as vitamin D or zinc
- They take part in the process of cell division, like iron, folate or magnesium

[3] Beneficial effects can be achieved with a daily intake of 250 mg of EPA and DHA.
[4] Beneficial effects can be achieved with a daily intake of 3 g of EPA and DHA. Supplemental intake must not exceed 5 g per day of a combination of EPA and DHA.

SYMPTOMS OF NUTRIENT DEFICIENCY

A well-balanced diet provides the body with nutrients for optimal functioning. Its deficiency changes body functions and processes at the most basic cellular level.
You can find out that your body lacks certain vitamins and minerals based on unwanted physical symptoms, such as:

- Drowsiness
- Fatigue, exhaustion
- Cold hands
- Stress
- Nervousness
- Irritability
- Paleness
- Unusual desire for food
- Problems concentrating
- Unpleasant sensations in the lower limbs
- Poor hair quality
- Nail brittleness
- The appearance of angular Cheilitis or cracks in and around the mouth

HOW TO CHOOSE FOOD SUPPLEMENTS FIND OUT WHAT YOUR BODY NEEDS

Your nutritional requirements are constantly changing. Age, stress, illness, dietary restrictions, sports performance, fatigue, pregnancy, breastfeeding or menopause can increase the need for certain nutrients. For example, before conception, during pregnancy and during breastfeeding, it is advisable to regularly supplement the diet with folic acid, iron, calcium, magnesium and other vitamins.[5] Women in menopause should take care of a sufficient intake of calcium, vitamins D, E and group B.[6]

Age

Each age group requires different amounts of vitamins and minerals. With increasing age, for example, the risk of a lack of calcium, vitamin D and „good bacteria“ that face changes in the intestinal microflora increases.[7]

Sex

Men and women have different nutritional needs. In women, the differences are most dramatic during pregnancy, breastfeeding, before and after menopause.

Use of medication

Before taking any food supplement, talk with your doctor. Some food supplements may interact with medications or have side effects that you should be aware of.

Current state

Get diagnosed and find out what types and the amount of vitamins and minerals you need. For example, too much vitamin A can cause headaches, liver damage, and reduce bone strength and cause birth defects.[8]

Type of diet

Keep track of what you eat and what foods you avoid. For example, if you don‘t eat fish, you can fill the nutritional gap with an Omega-3 food supplement. In the case of a vegan diet, there is most likely a deficiency of vitamin B12.[9]

Pregnancy

The mother‘s nutrition before and during pregnancy is important for the proper development and growth of the baby. Regular folic acid supplementation increases folate levels in pregnant women. Low folate levels in pregnant women are a risk factor for neural tube defects in the developing fetus.[10]

[5] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9182711/
[6] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3693746/
[7] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10773664/
[8] https://ods.od.nih.gov/factsheets/WYNTK-Consumer/
[9] https://www.news-medical.net/news/20191222/Vegans-at-risk-of-vitamin-B12-deficiency-finds-study.aspx
[10] A beneficial effect is achieved with an additional daily intake of 400 µg of folic acid from at least one month before conception and up to three months after conception. The target population is women of reproductive age.

Our recommendation:
Blood tests can measure deficiencies or excesses of vitamins and minerals in the body. Once you know what nutrients it needs, you can focus on adjusting your diet and proper food supplementation. Tests should be done regularly, once inthree months.

MAKE A PLAN

When choosing food supplements, consider your primary goals and the areas you want to support. You should be clear about what you need the food supplements for and what are your specific goals that you want to achieve. You can choose from various targeted food supplements to optimize the functioning of your body and support overall well-being.

MOTHER AND CHILD CARE

Getting enough of the right nutrients is important at every stage of life. However, it is especially important during pregnancy, as you need to nourish yourself and your growing baby. During this period, it is necessary to pay special attention to a healthy lifestyle and diet. Prenatal and postnatal food supplements with our smile, we have developed so that, as a food supplement to a varied and balanced diet, they take care of you in every phase of pregnancy.

Prenatal food supplements
They are intended for women who plan to become pregnant or are already pregnant.
The complex of vitamins and minerals in these food supplements is designed in such a way that, as a supplement to a varied diet, it optimizes the nutritional needs of your body, which you share with your growing baby.

IMPORTANT NUTRIENTS IN PREGNANCY

Folic acid (folate, vitamin B9)
contributes to the growth of maternal tissues during pregnancy, including the placenta, participates in the process of cell division and contributes to normal blood formation.

Iron
it is also involved in the process of cell division. It helps the body to produce red blood cells normally and contributes to the normal transfer of oxygen in the body.

Our recommendation:
Before conception and in the first trimester of pregnancy, pay extra attention to ensuring a sufficient supply of folic acid (folate). If you are planning to start a family, start supplementing at least one month before you plan to conceive in doses of 400 to 800 micrograms of folic acid per day. Continue with the recommended dose until the end of the twelfth week of pregnancy.[11]

Postnatal food supplements
They are developed to meet the nutritional needs of women after childbirth. According to Dr. Oscar Serrallach, more than 50 % of new mothers suffer from postnatal exhaustion. Its symptoms can appear already during pregnancy and persist up to ten years after the birth of the child.

Postnatal and prenatal food supplements have many features in common. Some types of postnatal food supplements take into account the specific needs of women after childbirth. For example, they can be designed to help in the production of breast milk or contribute to the regeneration of the organism. Many of them also focus on the period of hormonal changes or sleep-wake rhythm changes that occur with the arrival of a baby.

[11] https://www.gynstart.cz/messages.php?sid=1167

IMPORTANT NUTRIENTS FOR THE POSTPARTUM PERIOD

Folic acid (folate, vitamin B9)
enough folic acid in the body will ensure the necessary level of folate for the proper development of the baby.[12]

Calcium
is needed to maintain the normal state of bones and teeth.

DHA
(docosahexaenoic acid, omega-3 fatty acid) contributes to the normal development of the brain and eyes of the fetus in the mother's body and infants fed with breast milk. Research confirms that a higher concentration of DHA in breast milk contributes to the proper development of the brain and vision of an infant up to 12 months of age.[14 15]

Iron
helps to reduce fatigue and exhaustion. It contributes to the normal formation of red blood cells.

Vitamin D
contributes to the normal absorption of calcium and also helps to keep bones in optimal condition. In children, vitamin D is needed for normal growth and bone development. Vitamin D can be given to infants directly, such as a drop of vitamin D applied to the nipple before breastfeeding, or through breast milk only if the mother takes at least 10 micrograms (400 IU) of vitamin D per day.[13]

Our recommendation:
Some prenatal food supplements can also be used in postnatal care as a supplement to a varied and balanced diet. Their daily use for at least six weeks after childbirth or while you are breastfeeding will supplement the increased need for certain vitamins and minerals, which will support your physical and mental well-being. Do not forget that food supplements do not replace natural nutrition and are primarily intended to supplement your diet.

[13] https://www.who.int/tools/elena/bbc/vitamind-infants
[14] https://www.scientificamerican.com/article/top-5-nutrients-for-postpartum-recovery/
[15] Beneficial effects can be achieved with a daily intake of 200 mg of DHA above the recommended daily intake of omega-3 acids for adults, i.e. 250 mg of DHA and EPA.

BEGGS COMPLEX

CREATE YOUR OWN MIX

ANTIOXIDANTS

Protection against free radicals

With this smile and a balanced diet for protection against free radicals and for the proper functioning of the heart, brain and vision.

OMEGA – 3

EPA + DHA

for parents and children from 6 years old

Vitamin E

- **contributes to the protection of cells from oxidative stress**

DHA (docosahexaenoic acid)

- contributes to the maintenance of normal brain activity[16]
- contributes to the maintenance of normal vision[17]
- contributes to the maintenance of normal levels[18] of triglycerides in the blood
- contributes to the maintenance of normal blood pressure[19]
- contributes to the normal functioning of the heart[20]
- contributes to the normal development of the brain and eyes of the fetus in the body of the mother and infants fed with breast milk[21]

[16] A beneficial effect can be achieved with a daily intake of 250 mg of DHA
[17] A beneficial effect can be achieved with a daily intake of 250 mg of DHA
[18] A beneficial effect can be achieved with a daily intake of 2 g of DHA. Supplemental intake of a combination of EPA and DHA must not exceed a dose of 5 g per day.
[19] A beneficial effect can be achieved with a daily intake of 3 g of EPA and DHA. Supplemental intake of a combination of EPA and DHA must not exceed a dose of 5 g per day.
[20] A beneficial effect can be achieved with a daily intake of 250 mg of EPA and DHA.
[21] Beneficial effects can be achieved with an intake of 200 mg of DHA per day in addition to the recommended daily intake of omega-3 fatty acids for adults (i.e. 250 mg of DHA and EPA).

BEGGS COMPLEX

CREATE YOUR OWN MIX

WELLNESS

Body and mind in balance

With this smile and a balanced diet, you will energize your tired body and promote overall well-being.

MAGNESIUM BISGLYCINATE P5P COMPLEX

for moms and dads

Magnesium

- contributes to a reduction of tiredness and fatigue
- contributes to electrolyte balance
- contributes to normal energy metabolism
- contributes to normal functioning of the nervous system
- contributes to normal activity of muscles
- contributes to normal protein synthesis
- contributes to normal mental activity
- contributes to the maintenance of normal bone condition
- contributes to the maintenance of normal normal teeth condition
- participates in the process of cell division

Vitamin B6

- contributes to the normal synthesis of cysteine
- contributes to normal energy metabolism
- contributes to normal nervous system activity
- contributes to normal homocysteine metabolism
- contributes to normal protein and glycogen metabolism
- contributes to normal psychological function
- contributes to the normal formation of red blood cells
- contributes to the normal function of the immune system
- contributes to the reduction of tiredness and fatigue
- contributes to the regulation of hormonal activity

BEGGS COMPLEX

CREATE YOUR OWN MIX

BEAUTY

Skin, hair and nail care

With this smile and a balanced diet, you will support your natural beauty.

HAIR&SKIN BALANCED COMPLEX

for moms

Biotin (vitamin B7)

- contributes to the normal functioning of the nervous system
- contributes to normal energy metabolism
- contributes to the normal metabolism of macronutrients
- contributes to normal psychological activity
- contributes to the to the maintenance of normal hair and skin
- contributes to the maintenance of normal condition of the mucous membranes
- contributes to the maintenance of normal condition of the skin

BEGGS COMPLEX

CREATE YOUR OWN MIX

FOR THE PROPER DEVELOPMENT OF THE CHILD

For immune support

With this smile and a balanced diet for proper bone growth in children and their overall well-being.

KIDS VITAMIN D3 OLIVE OIL

for children from birth

Vitamin D3

- is needed for normal growth and development of bone in children
- contributes to the normal absorption and utilization of calcium and phosphorus
- contributes to the normal level of calcium in the blood
- contributes to the maintenance of normal bones
- contributes to the maintenance of normal muscle activity
- contributes to the maintenance of normal teeth
- contributes to the normal function of the immune system
- participates in the process of cell division

BEGGS COMPLEX

CREATE YOUR OWN MIX

PREGNANCY

For the health of mothers

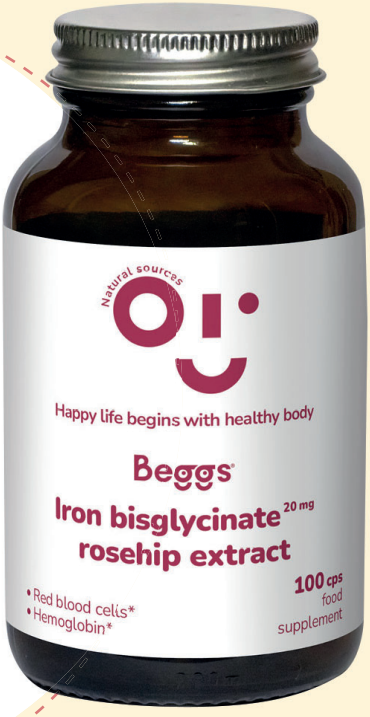
With this smile, a balanced and varied diet, you will supply your body and your growing baby with enough nutrients.

IRON BISGLYCINATE ROSEHIP EXTRACT

for mothers in all stages of pregnancy

Iron

- contributes to normal energy metabolism
- contributes to normal recognition functions
- contributes to normal formation of red blood cells and hemoglobin
- contributes to the normal transfer of oxygen in the body
- contributes to the normal function of the immune system
- contributes to the reduction of fatigue and exhaustion
- participates in the process of cell division



BEGGS COMPLEX

CREATE YOUR OWN MIX

PREGNANCY

For the health of mothers

With this smile, a balanced and varied diet, you will supply your body and your growing baby with enough nutrients.

METHYLFOLATE + MYO-INOSITOL COMPLEX

pre-pregnancy and prenatal care

Folic acid (L-methylfolate, vitamin B9)

- supplemental intake of folic acid increases folate levels in pregnant women.[22]

Low folate levels in pregnant women are a risk factor for neural tube defects in the developing fetus.

Folate

- contributes to the growth of maternal tissues during pregnancy
- contributes to the normal synthesis of amino acids
- contributes to normal hematopoiesis
- participates in the process of cell division

[22] The target population is women of reproductive age. A beneficial effect is achieved with an additional daily intake of 400 µg of folic acid from at least one month before conception and up to three months after conception.

BEGGS COMPLEX

CREATE YOUR OWN MIX

PREGNANCY

For the health of mothers

With this smile, a balanced and varied diet, you will supply your body and your growing baby with enough nutrients.

FERTILITY+ PREGNANCY COMPLEX

pre-pregnancy, prenatal and postnatal care

Zinc

- contributes to the normal metabolism of acids, bases and carbohydrates
- contributes to normal recognition functions
- contributes to normal DNA synthesis
- contributes to normal fertility and reproduction
- contributes to the normal metabolism of macronutrients, fatty acids and vitamin A
- contributes to normal protein synthesis
- contributes to the maintenance of normal condition of bones, hair, nails and skin
- contributes to the maintenance of normal vision
- contributes to the normal function of the immune system
- contributes to the protection of cells from oxidative stress
- participates in the process of cell division

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TIPS FOR TAKING FOOD SUPPLEMENTS

Correct balance and timing

The combination of some nutrients can affect their absorption and use in the body.

Fat soluble vitamins
(A, D, E, K) and Omega-3 need fat to be absorbed. Therefore, take them with a main meal or a snack that contains it. This also applies to the use of calcium and iron. Consume iron with meat and foods containing vitamin C. These foods can contribute to the absorption of iron.

Iron
do not take with milk, dairy products and calcium, which reduce its effectiveness by up to 50 %. [24]

Calcium
combine with magnesium. It contributes to the reduction of fatigue and exhaustion and to normal muscle activity. It is advisable to take it with dinner.

For water-soluble vitamins
(C and all B vitamins including folic acid) is more suitable if you take them in the morning on an empty stomach with a glass of clean water.

Zinc
do not take at the same time as food supplements containing copper, iron or phosphorus. Instead, space them out a few hours apart. In general, large amounts of minerals used simultaneously with other minerals reduce mutual absorption.[25]

Prenatal and postnatal food supplements
contain fat- and water-soluble vitamins. To avoid stomach upset, take them with a meal or a small snack containing the right fats.

Do not take the food supplements with **coffee or tea.** They interfere with the absorption of many vitamins and minerals, especially iron. At the same time, they reduce the concentration of water-soluble vitamins..

[24] https://www.pharmanews.cz/clanek/zelezo-a-jeho-uloha-v-lidskem-organismu-vcetne-sportovcu-rekreacnich-i-vrcholovych/
[25] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8377299/

THE RIGHT DOSAGE

Food supplements are safe when taken in the correct recommended dosages. Certainly „more“ doesn‘t necessarily mean „better“ - sometimes it can even be „worse“. When taking vitamins and minerals, avoid high doses, known as „mega-doses.“ Any ingredient in food supplements can be toxic in large quantities. The most serious risk is iron. Severe overdose can cause coma, low blood pressure, liver failure, lung damage and death. Other risks are associated with megadoses of calcium, vitamin D and vitamin A. An overdose of calcium can impair kidney function, increase blood pH, cause nausea, vomiting, confusion, behavioral changes, itching, and in extreme cases, irregular heartbeat. High doses of vitamin D can increase blood calcium levels. An overdose of vitamin A can cause nausea, vomiting, dizziness and blurred vision. In case of worsening of your health condition, contact your doctor immediately.

ESTABLISH A ROUTINE

Food supplements cannot work optimally if you forget to take them or take them inconsistently. Whether you take your vitamins and minerals before breakfast, with lunch or after dinner, it is important to take them consistently every day.

GET ORGANIZED AND STOCKED

Designate a suitable place for your food supplements. Store according to the instructions on the package. Consider using shelf organizers, storage containers and medicine bottles, which will facilitate and speed up the application of food supplements. To avoid gaps in the intake of necessary doses of vitamins and minerals, stock up on them. **Always check the expiration date.**

Our recommendation:
Be patient.
A combination of food supplements
with a balanced diet, enough sleep, physical activity
and the right lifestyle habits may not accelerate your results, but can maximize positive benefits and overall well-being.

YOUR BEGGS PLATTER

OMEGA – 3
EPA + DHA
Take anytime during the day.

METHYLFOLATE + MYO-INOSITOL COMPLEX
Take in the morning with food.

HAIR&SKIN BALANCED COMPLEX
Use at any time of the day, preferably on an empty stomach.

MAGNESIUM BISGLYCINATE P5P COMPLEX
Best taken in the morning, before or after a meal.

FERTILITY + PREGNANCY COMPLEX
Take with food.

IRON BISGLYCINATE ROSEHIP EXTRACT
Take on an empty stomach, preferably 1-2 hours before a meal. Avoid calcium.

KIDS VITAMIN D3 OLIVE OIL
Take during the day, preferably with meals rich in fat.

BE MINDFUL

Remember that food supplements do not serve as a substitute for a varied and balanced diet nor a healthy lifestyle. How to use them and other information can be found on the packaging.

Portfolio overview

Baby Milks

Food supplements
for the whole family

Baby Cosmetics

Baby Porridge

Baby Foods

Baby Drinks

Be as well a satisfied
mindful parent with us

Seller/Commissioner and material distributor: Simply nature s.r.o.,
V zahrádkách 1952/50, 130 00 Prague 3, Czech Republic.