



## VERS UNE NAISSANCE EN TOUTE CONFIANCE: PRÉPARATION POUR FUTURS PARENTS

Séances de  
Préparation à la Naissance et à la Parentalité  
physique et psychologique

- ✓ Modifications physiologiques
- ✓ Habitudes de vie de la femme enceinte
- ✓ Suivi de grossesse
- ✓ Déroulement de l'accouchement et soins du nouveau-né
- ✓ Post Partum et anxiété parentale



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Fresh

**PHARMA**

International

Member of Debs Pharma Holding

# Grossesse et ses modifications physiologiques

1<sup>ère</sup> séance de PNP



« Être enceinte...  
C'est vivre à deux dans un  
même corps au même rythme »





## ACTIVITAL PLUS

### INDICATIONS:

Multivitamin tailored to the special needs of vitamins and minerals of the pregnant and lactating woman. Supports the growth and development of the baby.

### INSTRUCTIONS FOR USE:

Take one capsule daily with food or as directed by a health care practitioner.  
Take it a few hours before or after taking other medications.

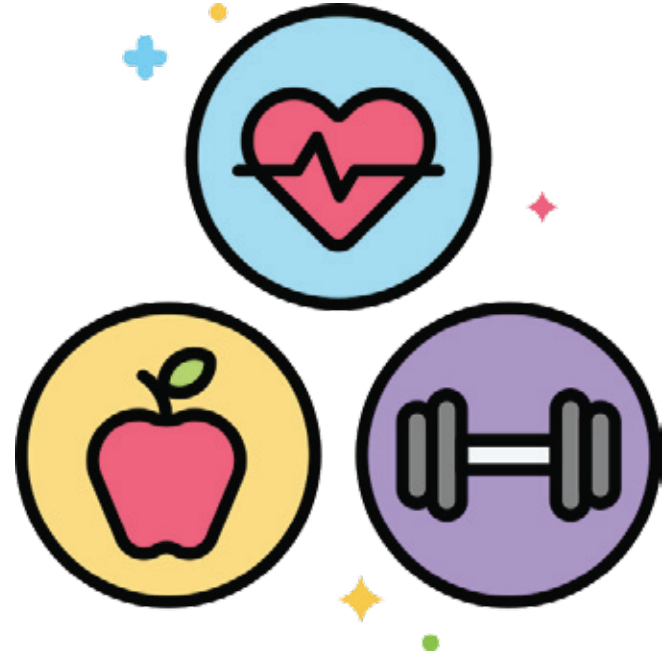


# Habitudes de vie

2<sup>ème</sup> séance de PNP



« Les jolies choses se font avec  
beaucoup d'amour et de patience »





## **HB 45**

### **INDICATIONS:**

Ideal for the treatment of anemia and iron deficiency.

### **INSTRUCTIONS FOR USE:**

1 Capsule daily.

# Suivi de grossesse

3<sup>ème</sup> séance de PNP



« Chaque moment passé à te regarder grandir est gravé dans mon cœur pour toujours »





## FRESH D+DHA

### INDICATIONS:

A factor in the maintenance of good health. Vitamin D helps in the development and maintenance of bones and teeth and in the absorption and use of calcium and phosphorus.

DHA is essential for brain and eye development.

### INSTRUCTIONS FOR USE:

As directed by a health care practitioner.  
Fill the dropper to the appropriate line.  
Dispense directly into the mouth or mix with formula, fruit juice, cereals, or other foods.





# Accouchement

4<sup>ème</sup> séance de PNP



« Chaque fois qu'une femme met  
un enfant au monde, elle renaît  
elle aussi »



## KIDS COMFORT GAZ

### INDICATIONS:

- Relieves colic and gas pain
- Calms nausea
- Reduces burping
- Relieves agitation and irritability

### INSTRUCTIONS FOR USE:

- Children under 6 months:  
Consult a licensed healthcare practitioner before using this product.
- Children 6 months to 2 years:  
0.5ml orally every 8 hours or 3 times a day.
- Children 2 to 9 years:  
0.75 ml orally every 8 hours or 3 times a day.

# Post Partum

5<sup>ème</sup> séance de PNP



*Félicitations !*

*Maintenant il est temps de reprendre son énergie  
et immenses capacités de femme et future mère*





## FRESH CREAM

### INDICATIONS:

Protects and relieves diaper rash and minor skin irritations.

### INSTRUCTIONS FOR USE:

Apply to the affected area as required.  
Cover if needed.



## SEPTOSPRAY

### INDICATIONS:

Natural antiseptic, anti-inflammatory, anti-fungal, anti-bacterial solution.

### INSTRUCTIONS FOR USE:

For topical use only.  
Apply 2 to 3 times per day on the navel.

# Nouveau-né et premiers soins

6<sup>ème</sup> séance de PNP



*« Il y a des rencontres qui te  
feront fleurir le cœur à jamais »*





## CALMAGEL

### INDICATIONS:

- Relieves mouth and gum irritations, cankers, and cold sores.
- Relieves inflammation and nipples pain during lactation.
- Faster episiotomy healing

### INSTRUCTIONS FOR USE:

Apply as needed and generously to the affected area up to 6 times per day.



## TRANSILAX

### INDICATIONS:

- Relieves occasional constipation and irregularity.
- Generally produces a bowel movement in 1 to 3 days.

### INSTRUCTIONS FOR USE:

As directed by your doctor. Transilax dissolves easily and completely in everyday beverages like water, juice, coffee, or tea.

**DIETAROMA**  
Expert depuis 1927

FORMULE CONCENTRÉE  
CONCENTRATED  
FORMULA  
100% des AR\*  
100% of RI\*

**C A P I L E A**

**FORTI CHEVEUX & ONGLES**  
Le zinc contribue au maintien des ongles et cheveux normaux  
Argan - Ortie - Kératine - L méthionine -  
L cystéine - Zinc - Vitamines B  
**FEMMES ET HOMMES**

**STRONG HAIR & NAILS**  
Zinc contributes to the maintenance of normal nails and hair  
Argan - Nettle - Keratin - L methionine -  
L cysteine - Zinc - Vitamins B  
**WOMAN AND MAN**

FABRICATION FRANÇAISE  
MADE IN FRANCE

1 à 2 capsules / jour  
1 to 2 capsules / day

## CAPILEA

### INDICATIONS:

For weak hair and nails.

### INSTRUCTIONS FOR USE:

1 to 2 capsules per day  
to be taken with a large  
glass of water.

**DIETAROMA**  
Expert depuis 1927

FORMULE CONCENTRÉE  
CONCENTRATED  
FORMULA  
Absorption du  
calcium  
absorption of  
calcium

**OSTÉOPROTECT +**  
**CALCIUM MARIN**  
**+K2 & D3**

Le calcium et la vitamine K2 contribuent au maintien de votre  
**CAPITAL OSSEUX**

Calcium and vitamin K2 help maintain  
**BONE HEALTH**

FABRICATION FRANÇAISE  
MADE IN FRANCE

1 à 2 comprimés/jour  
1 to 2 tablets/day  
As directed by a healthcare practitioner

VEGAN

## OSTEOPROTECT

### INDICATIONS:

To help maintain bone  
health throughout life.

### INSTRUCTIONS FOR USE:

1 to 2 tablets per day  
to be taken with a large  
glass of water.

HOPITAL UNIVERSITAIRE SAINT JOSEPH  
DES SŒURS DE LA CROIX  
CENTRE MEDICAL RAYMOND ET AIDA NAJJAR



مستشفى مار يوسف الجامعي  
لراهبات الصليب  
المركز الطبي ريمون وعائده نجّار

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