

Supra vit®

Multivitamin plus mineral

Description:

Supravit is available as capsule. Each capsule contains vitamins and minerals according to the below table as active ingredients, for oral use.

Serving Size: 1 Capsule	Serving per container 30	
Active Ingredients	Amount Per Serving	DV%
Vitamin A	5000 I.U.	166.6
Vitamin D3	400 I.U.	50.0
Vitamin C	60mg	66.6
Vitamin B1	1.5mg	125.0
Vitamin B2	1.7mg	130.7
Vitamin B6	2mg	117.6
Vitamin B12	6mcg	250.0
Vitamin E	30 I.U.	136.3
Nicotinamide	20mg	125.0
Folic acid	0.4mg	100.0
Iron (as fumarate)	18mg	100.0
Calcium (as carbonate)	125mg	9.6
Iodine (as potassium)	0.15mg	100.0
Magnesium (as oxide)	100mg	23.8
Percent daily value are based on a 2000 calorie diet.		
Inactive Ingredients: Light liquid paraffin, Corn starch		

Category:

Supplement

Indications:

Supravit is used to help the general health and provide vitamins needed by body.

Functional Properties:
Vitamin A (β-Carotene)

Is essential for growth, maintenance of skin and mucous membranes such as the linings of the mouth, nose, lungs, digestive system, colon and for vision, particularly at night.

Vitamin D3

Vitamin D3 helps the body absorb Calcium, Potassium and Phosphorous, all of which are vital for healthy bones and teeth.

Vitamin B1 (Thiamin)

Is involved in the proper functioning of the heart muscles and for the release of energy from protein, fat and carbohydrate, needed for growth, normal appetite and digestion. Thiamin has also been shown to play a vital role in the normal functioning of the nervous system.

Vitamin B2 (Riboflavin)

Vitamin B2 plays a key role in energy metabolism and is required for the metabolism of fats, carbohydrates, and proteins.

Vitamin B6 (Pyridoxine)

Vitamin B6 helps protein metabolism, along with the maintenance of the nervous and immune systems.

Vitamin B12

Vitamin B12 is often called the 'red vitamin' because it is required for regulating blood cells

Vitamin C

Vitamin C is an essential vitamin that plays an important role in maintaining the health of our cells, blood vessels and our resistance to infection. Vitamin C also helps bones, teeth, gums, skin and assists the absorption of iron from the blood.

Vitamin E

Vitamin E is a highly effective antioxidant, helping to protect the body from the effects of free radicals. It also helps to maintain healthy skin and blood cells.

Nicotinamide

Nicotinamide (also known as vitamin B3) is essential for a healthy nervous system.

Folicacid

Folicacid is required to regulate the growth of cells including red blood cells and protein synthesis.

Calcium

Calcium is necessary for the formation of bones and teeth and plays a vital role in cell function, muscle contraction and in the nervous system.

Iron

Iron forms part of red blood cells which carry oxygen round the body.

Magnesium

Magnesium is essential for the formation of bones and teeth, and for the release of energy from food.

Iodine

Involved in functioning of the thyroid gland which regulates many of the metabolic processes in the body.

Contraindications:

You should NOT take supravit if you:

- Are allergic to any of the ingredients of supravit Capsules
- Suffer from hypercalcaemia (high level of calcium in the blood)

Pregnancy and Breastfeeding:

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Warnings and Precautions:

This product is a supplement and is not intended for prevention, diagnosis and treatment.

Talk to your doctor or pharmacist before taking supravit if you:

- Suffer from thyroid problems.
- Dietary supplements should not be used as a substitute for a balanced diet and a healthy lifestyle.

Drug interaction:

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription. This applies especially to the medicines listed below:

Tetracycline antibiotics (used to treat infections) such as doxycycline and minocycline.

Dosage and Administrations:

Always take this medicine exactly as your doctor has told you. Check with your doctor if you are not sure.

Adults

One capsule daily with meal or as prescribed by the physician.

Side effects:

Like all supplements, this product can cause side effects, although not everybody gets them. Possible side effects of supravit are:

Allergic reactions and problems related to your stomach and intestines (such as feeling or being sick and stomach pains).

Storage:

Store below 30°C and protect from light and moisture.

Keep out of reach of children.

Marketing authorization holder: Iran Daru Co.

Manufactured at Iran Daru pharmaceutical company

Reference:

BNF-84

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