

Pregnal®

For pregnancy and breast feeding (food supplement)

Composition:

- Each hard gelatin capsule of Pregel[®] contains:

Vitamin D3	2.5 mcg
Vitamin E (natural source)	20 mg
Vitamin C	70 mg
Vitamin B1	3 mg
Vitamin B2	2 mg
Nicotinamide	20 mg
Vitamin B6	10 mg
Folic acid	400 mcg
Vitamin B12	6 mcg
Beta carotene (natural source)	4.2 mg
Vitamin K	65 mcg
Iron	30 mg
Magnesium	75 mg
Zinc	15 mg
Iodine	140 mcg
Copper	1 mg

Color in capsule shell:

Brilliant blue.

Carmoisine red.

Sunset yellow.

Indications:

- During pregnancy and lactation.
- Malnutrition.
- Anemia.
- Anorexia.
- Deficiency states and increased demands for vitamins and dietary minerals.
- All cases of mental and physical strain, e.g. overworking, exhaustion, tiredness and fatigue.
- Liver disorders.
- Enhancing physical performance.
- All conditions associated with high catabolic loss, e.g. post-operative and post-traumatic conditions, in burns, wound healing and during convalescence.
- Maldigestion, malabsorption and individuals in diet restriction.
- As antioxidant.
- Decreased body resistance.
- Menopausal manifestation.

Dosage and administration:

- One capsule per day or as prescribed by the physician is recommended with or immediately after the main meal, with water or a cold drink.
- Pregel[®] can be used for as long as required, and can be started at any point during pregnancy.

Contraindications:

- Haemochromatosis and other iron storage disorders.
- Hypersensitivity to any of the active substances.

Side effects:

Pregel[®] has no known side-effects when taken as directed.

Precautions:

- Do not use this medication concomitantly with anticoagulants unless prescribed by the physician.
- No other vitamins, minerals or supplements should be taken with this preparation except under medical supervision.
- Not to be chewed.

Overdose:

- Do not exceed the recommended dose. In case of overdose, seek medical advice immediately.

Drug interactions:

- Folic acid can reduce the plasma concentration of phenytoin.
- Oral iron and zinc reduce the absorption of tetracyclines.

Pregnancy and Lactation:

- Pregel[®] capsules could be administered during pregnancy and lactation as recommended by the physician.

Properties:

- Pregel[®] is a multivitamin and multi-mineral formulation enriched with iron, folic acid, zinc and hematinics to supply the body with optimum requirements for these vital bio-elements, especially during pregnancy and lactation.
- Vitamin D3: Useful for preventing and treating rickets. Also useful for treating osteoporosis, osteomalacia and bone loss in people with hyperparathyroidism.
- Vitamin E: Antioxidant, helps in keeping the immune system strong against bacteria and viruses and helps in formation of red blood cells.
- Vitamin C: Vital for collagen formation, wound healing and vascular functions.
- Vitamin B complex: Essential for neural function support, energy production, maintaining healthy skin and metabolism of carbohydrates, fats and protein.
- Folic acid, copper, magnesium, vitamin B6 and B12: Help in hemoglobin formation and maturation of red blood cells.
- Beta carotene: Converted to vitamin A which is essential for normal growth and development and for good vision and eye health. Also has an antioxidant activity.
- Vitamin K: Necessary for the production of blood clotting factors and proteins necessary for the normal calcification of bones.
- Iron: Essential for hemoglobin formation and activity of many enzymes necessary for the oxidation processes particularly in the liver.
- Zinc: Needed for the body's immune system to work properly. It plays a role in cell division, cell growth, wound healing and the breakdown of carbohydrates. Also needed for the growth and development of the body during pregnancy, infancy, and childhood.
- Iodine: Needed for normal metabolism of cells, normal thyroid function and production of thyroid hormones.

Special precautions for storage:

- Keep out of the reach and sight of children.
- Do not use Pregel[®] capsules after the expiry date which is stated on the container.
- It should be stored in a cool, dry place and at temperature not exceed 25°C.
- Keep in original container.

Nature and content of container:

- Box of 3 blisters. Each blister contains 10 hard gelatin capsules.

Special precautions for disposal:

- Medicines should not be disposed of via waste water or household waste.
- Ask your pharmacist how to dispose of medicines no longer required.

These measures will help to protect the environment.

Marketing Authorization holder and manufacturer:

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الأبعاد: 14×21 سم

نوع الخط: Times New Roman

حجم الخط: 6.5

رقم الباتون: 355 U

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