

Vitazal®

Vitamins– Minerals – Trace elements (food supplement)

Composition:

- Each capsule of **Vitazal®** contains:

Vitamin A	2500 I.U
Vitamin D3	200 I.U
Vitamin B1 (Thiamine)	5 mg
Vitamin B2 (Riboflavin)	2.5 mg
Vitamin B6	0.5 mg
Vitamin B12	1 µg
Nicotinamide	40 mg
Calcium pantothenate	4 mg
Folic acid	0.5 mg
Vitamin C (as calcium ascorbate)	70 mg
Alpha tocopheryl acetate	2 mg
L-methionine	20 mg
Inositol	15 mg
Calcium (as dibasic calcium phosphate)	81 mg
Phosphorus (as dibasic calcium phosphate)	62 mg
Iron (as ferrus fumarate)	30 mg
Copper (as copper sulphate)	0.45 mg
Iodine (as potassium iodide)	0.075 mg
Magnesium (as magnesium oxide)	20 mg
Manganese (as manganese gluconate)	0.5 mg
Molybdenum (as sodium molybdate)	0.1 mg
Potassium (as potassium chloride)	2 mg
Zinc (as zinc sulphate)	0.7 mg

Colors in capsule shell:

Sunset yellow
Carmoisine red
Brilliant blue

Indications:

Vitazal® is used for:

- Deficiency of vitamins and minerals.
- Good growth and development especially for adolescents.
- Overcoming exhaustion and easy fatigability.
- Providing essential elements and nutrient during pregnancy, lactation and for persons on diet restrictions.
- Treatment of symptoms associated with menopause.
- Treatment of sexual asthenia in men.
- Protecting the liver against stress.
- Maintaining the skin and hair.
- Reducing the prevalence of infectious diseases in the elderly.
- During convalescence.
- Increasing physical performance especially for athletes.
- As antioxidant: for guarding against body deterioration caused by cell-aging and damage.
- As integral part of therapy for: neurasthenia and neuritis, anemia, diabetes mellitus and hepatic disorders.

Dosage and administration:

- Capsule should be swallowed whole with sufficient water, preferably during meals.

* Adults:

- One capsule daily.

- Or as directed by the physician.

* Children under 12 years of age:

Vitazal® capsules are not recommended for this age group.

Contraindications:

- **Vitazal®** should not be given in the case of allergy to one or more of the components or in the presence of pre-existing hyper-vitaminosis A or D, hypercalcemia or haemochromatosis and other iron storage disorders.

Side effects:

- Common side effects: Diarrhea, dizziness, headache, unusual or unpleasant taste in the mouth and stomach upset.

Precautions:

- **Vitazal®** should not be taken in doses higher than those recommended by the physician.
- Do not take this medication with milk, dietary products, calcium supplements, or anti-acids that contain calcium. Calcium may make it difficult for the body to absorb certain ingredients of the multivitamin.

Overdose:

- Large doses of water-soluble vitamins are readily excreted in the urine. No emergency procedure or antidote is applicable. Any symptoms which may be observed due to the ingestion of large quantities of **Vitazal®** capsules will be due to the fat soluble vitamins content.

If iron over dosage is suspected, symptoms may include nausea, vomiting, diarrhoea, abdominal pain, haematemesis, rectal bleeding, lethargy and circulatory collapse.

- Hyperglycaemia and metabolic acidosis may also occur.

- Treatment should be implemented immediately in addition to gastric lavage.

Drug interactions:

- Pyridoxine (vit B6) may increase the peripheral metabolism of levodopa reducing therapeutic efficacy in patients with Parkinson's disease.

- Folic acid can reduce the plasma concentration of phenytoin.

- Oral iron and zinc reduce the absorption of oral tetracyclines, these products should be taken within two hours of each other.

- Ascorbic acid may decrease the hypo-prothrombinaemia effect of oral anticoagulants. Prothrombin level should be monitored.

- Mineral oil reduces absorption of fat soluble vitamins such as A & D.

Pregnancy and Lactation:

- **Vitazal®** may be administered during pregnancy and lactation at the recommendation of the physician.

Properties:

- **Vitazal®** is a combination of vitamins, minerals, lipotropics and trace elements.

- Vitamin A: Plays an important role in the visual process and participates in the formation and maintenance of the integrity of epithelial tissues and mucous membranes.

- Vitamin D3: Useful for preventing and treating rickets. Also useful for treating osteoporosis, osteomalacia and bone loss in people with hyperparathyroidism.

- 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.

- Nicotinamide: Needed for degradation and synthesis of fatty acids, carbohydrates and amino acids as well as hydrogen transfer.

- Folic acid, copper, magnesium, vitamin B6 and B12: Help in hemoglobin formation and maturation of red blood cells.

- Iron: Essential for hemoglobin formation and activity of many enzymes necessary for the oxidation processes particularly in the liver.

- Iodine: Needed for normal metabolism of cells, normal thyroid function and production of thyroid hormones.

- Calcium: Is involved in the maintenance normal function of muscle and nerve, essential for normal cardiac function and the clotting of blood.

- Potassium: Is essential for carbohydrate metabolism and glycogen storage and protein synthesis.

- Phosphate: Play a key role in the metabolism of carbohydrates, fats and proteins.

- Methionine: Is vital amino acid essential for growth and muscle protein formation.

- 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.

Special precautions for storage:

- Keep out of the reach and sight of children.

- Do not use **Vitazal®** 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 30°C.

- Keep in original container.

Nature and content of container:

- Box of 3 blisters.

- Each blister contain 10 capsules.

Special precautions for disposal:

- Medicines should not be disposed of via wastewater or household waste.

- Ask the 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: 15×22 سم
نوع الخط: Times New Roman
حجم الخط: 6
رقم البانتون: 639U
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R&D		
S.O.		
Q.C.		
Q.A.		
Tec. Manager		