MULTIVITAMINS MINERALS+LYSINE

NUTROPLEX®

Each 5 mL (1 teaspoonful) syrup contains:
Retinol Palmitate (Vitamin A)……..…….…. 2,500 IU
Cholecalciferol (Vitamin D_3)…….…..…. 200 IU
Thiamine Hydrochloride (Vitamin B_1)…….…..…. 10 mg
Riboflavin (Vitamin B_2)…….……1.25 mg
Niacinamide …..…….……..12.5 mg
Pyridoxine Hydrochloride (Vitamin B_6)…….…..…. 5 mg
Cyanocobalamin (Vitamin B_{12})…….…. 50 mcg
Iron, elemental……..... 15 mg
(as Ferrous Sulfate, 75 mg)
Calcium (as Calcium Glycerophosphate)……..... 12.5 mg
Magnesium (as Gluconate)……..…..…….. 4 mg
Lysine Hydrochloride…….…..12.5 mg

PRODUCT DESCRIPTION
This product is a brown, orange-flavored, viscous syrup.

WHAT IS IN THE MEDICINE?
This product is a multivitamin-mineral preparation. It provides essential nutrients such as Iron, vitamins B_1, B_6 and B_{12} for optimal mental and physical growth and development; B-complex vitamins (Vitamins B_1, B_2, B_6, B_{12}, and Niacinamide) for energy metabolism; Vitamin A and Iron to help enhance the child's immune system; plus calcium, vitamin D, and magnesium to promote healthy bones and teeth. Together, these benefits translate into optimum mental alertness and overall general good health. This product will also prevent anemia and other common nutritional deficiencies in children that may impair their normal daily activities and active physical performance.

STRENGTH OF THE MEDICINE
Please see formulation

WHAT IS THE MEDICINE USED FOR?
- A nutritional supplement to help provide essential vitamins and minerals for mental alertness
- To help prevent iron deficiency anemia

HOW MUCH AND HOW OFTEN SHOULD YOU USE THE MEDICINE?

Age Group	Recommended Dose
Children:	Orally, once daily
1 – 3 years	2.5 mL (½ teaspoonful)
4 – 6 years	2.5 – 5 mL (½ – 1 teaspoonful)
7 – 12 years	5 mL (1 teaspoonful)
Children more than 12 years	5 mL (1 teaspoonful)
Or, as directed by a doctor.	

WHEN SHOULD YOU NOT TAKE THIS MEDICINE?
Do not give this medicine if the child:
• Is allergic to any component of the product

UNDESIRABLE EFFECTS
Iron
• Gastrointestinal side effects such as nausea, vomiting, bloating, and upper abdominal discomfort
are seen with high iron doses. Other undesirable effects may include either diarrhea or constipation.
• May cause staining of teeth.
• Stools may appear darker in color.

WHAT OTHER MEDICINE OR FOODS SHOULD BE AVOIDED WHILE TAKING THIS MEDICINE?
• Antacids should be taken at least one hour before taking this medicine to avoid decreased iron absorption.
• Concomitant intake of chloramphenicol and iron salts results in delayed responses to iron therapy
especially in patients with iron deficiency anemia.
• Carbidopa, levodopa, methyldopa, and penicillamine should be taken at least two hours before
taking this medicine since iron may decrease absorption and reduce the bioavailability of these drugs.

WHAT SHOULD YOU DO IF YOU MISS A DOSE?
If the child misses the dose for the day just take the next dose and the subsequent doses at the usual recommended schedule, i.e., once a day.
Do not double the dose unless recommended by a doctor.

HOW SHOULD YOU KEEP THE MEDICINE?
• Keep the product out of reach and sight of children.
• Store at temperatures not exceeding 30°C.
• Always keep container tightly closed

SIGNS AND SYMPTOMS OF OVERDOSAGE
Iron
Symptoms of acute iron overdosage can be divided into four stages:
Stage I – Occurs up to six hours after ingestion, the principal symptoms are vomiting and diarrhea. Other symptoms include hypertension, tachycardia and central nervous system depression ranging from lethargy to coma
Stage II – May occur 6 to 24 hours after ingestion and is characterized by a temporary remission or signs of overdosage are decreased
Stage III – Gastrointestinal symptoms recur accompanied by shock, metabolic acidosis, coma, liver necrosis, jaundice, hypoglycemia, kidney failure, and pulmonary edema
Stage IV – Occur several weeks after ingestion and is characterized by gastrointestinal obstruction and liver damage

WHAT TO DO WHEN YOU HAVE USED MORE THAN THE RECOMMENDED DOSAGE?
If the child has taken more than the recommended dosage, consult a doctor or contact a Poison Control Center right away.

CARE THAT SHOULD BE TAKEN WHEN TAKING THIS MEDICINE
• Do not take more than the recommended dose.
• Do not use after the expiry date on the label.

Manufactured by AMHERST LABORATORIES, INC.
UNILAB Pharma Campus, Barangay Mamplasan
Biñan, Laguna, Philippines
for UNILAB, Inc.
No. 66 United Street, Mandaluyong City, Metro Manila, Philippines



Trusted Quality Healthcare

Reg. IPOPHIL P30000012936