MULTIVITAMINS + MINERALS

Each film tablet contains:

Retinol Acetate (Vitamin A)	3,000 IU
Cholecalciferol (Vitamin D3)	400 IU
Thiamine Mononitrate (Vitamin B1)	10 mg
Riboflavin (Vitamin B2)	2.5 mg
Pyridoxine Hydrochloride (Vitamin B6)	15 mg
Cyanocobalamin (Vitamin B12)	4 mcg
Nicotinamide	20 mg
Calcium Pantothenate	7.5 mg
Folic Acid	1000 mcg
Vitamin C	100 mg
Iron, elemental (as Ferrous Fumarate, 90 mg)	30 mg
Calcium Lactate	250 mg
Copper (as Cupric Sulfate)	100 mcg
Iodine (as Potassium Iodide)	100 mcg

OBIMIN™

FILM COATED TABLET

Pre- and Post-natal Supplement

PRODUCT DESCRIPTION
Obimin is a red-orange, capsule-shaped, film-coated tablet plain on both sides.

WHAT IS IN THE MEDICINE?
A vitamin-mineral supplement for pregnancy and lactation.

STRENGTH OF THE MEDICINE
Please see formulation

WHAT IS THE MEDICINE USED FOR?
This nutritional supplement has vitamins and minerals to help provide adequate supply of essential nutrients during pregnancy and lactation:

- **Folic acid, vitamins B_6 and B_{12}:** Folic acid is necessary for the prevention of neural tube defects (NTDs). NTDs are malformations of the baby's brain and/or spinal cord which can be prevented by adequate folic acid intake particularly during the very early stages of pregnancy.

  Folic acid, vitamins B_6 and B_{12} are required in the metabolism of homocysteine to prevent its accumulation in the blood. Elevated blood homocysteine or hyperhomocysteinemia is associated with common pregnancy complications such as preeclampsia and adverse pregnancy outcomes such as prematurity and very low birth weight. Hyperhomocysteinemia is also identified as a risk factor in the development of cardiovascular disease.

- **Iron and Iodine:** Iron deficiency anemia (IDA) is one of the most prevalent nutritional problems in the world. Pregnant women are at particularly high risk of iron deficiency because iron needs during this stage is very high. Iron is required for the proper development of the baby's spinal cord and the white matter of the brain. Iron, together with iodine, helps in the proper mental development and cognition of babies.

- **B-Complex Vitamins (Vitamins B_1, B_2, B_6, B_{12}, Nicotinamide, and Calcium Pantothenate):** To help optimize conversion of food into energy that the body can utilize for numerous physiologic processes such as respiration, digestion, blood circulation, and immune system response.
- **Calcium and Vitamin D:** To help maintain strong bones and teeth and protect against osteoporosis later in life. Calcium builds the baby's teeth and bones which begin in the first trimester of pregnancy and continues through term. Vitamin D increases calcium absorption in the intestine.

- **Vitamins A and C:** To trap harmful free radicals through their protective antioxidant effects and help boost immune system. Vitamins A and C also maintain good eyesight and healthy skin.

HOW MUCH AND HOW OFTEN SHOULD YOU USE THE MEDICINE?
Orally, one tablet daily. Or, as directed by a doctor.

WHEN SHOULD YOU NOT TAKE THIS MEDICINE?
If you are allergic to any component of the product.

UNDESIRABLE EFFECTS
There are no expected undesirable effects with the amounts of nutrients in the product when used as directed.

WHAT OTHER MEDICINE OR FOODS SHOULD BE AVOIDED WHILE TAKING THIS MEDICINE?
No expected interactions with the amounts present in the product.

WHAT SHOULD YOU DO IF YOU MISS A DOSE?
If you miss a dose, just take the next dose and the subsequent doses at the usual recommended schedule, i.e., once a day.

Do not double the dose.

HOW SHOULD YOU KEEP THE MEDICINE?

- Keep the product out of reach and sight of children.
- Store at temperatures not exceeding 30ºC.

SIGNS AND SYMPTOMS OF OVERDOSAGE

Vitamin A
Chronic daily vitamin A intakes in excess of 10,000 IU or weekly intakes in excess of 25,000 IU have resulted in hypervitaminosis A.
Excessive vitamin A (more than 10,000 IU daily) is hazardous when taken during the first and second trimester of pregnancy. Excessive vitamin A intake during pregnancy may lead to birth defects such as cleft palate, heart abnormalities and brain malformations, e.g., hydrocephalus and microcephaly (baby with a very small head).

Iron
Acute iron overdosage (e.g., intake of 1,500 mg elemental iron for a 50 kg adult) 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 hypotension (low blood pressure), tachycardia (rapid heartbeat) and central nervous system (CNS) depression ranging from lethargy (sleepiness) to coma (state of unconsciousness).

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 (increased acid in the blood), coma, hepatic necrosis (death of liver tissue), jaundice (yellowish color of the skin, eyes and other tissues), hypoglycemia (low blood sugar), kidney failure, and pulmonary edema (fluid in the lungs).

Stage IV – occurs several weeks after ingestion and is characterized by gastrointestinal obstruction (blockage) and liver damage.

WHAT TO DO WHEN YOU HAVE USED MORE THAN THE RECOMMENDED DOSAGE?
If you have 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.

WHEN SHOULD YOU CONSULT YOUR DOCTOR?
If any undesirable effect occurs.

Women who are pregnant should have regular prenatal check-up with their doctor.

AVAILABILITY
Bottle of 30 tablets
Bottle of 100 tablets

STORAGE
Store at temperatures not exceeding 30ºC

UNILAB

Trusted Quality Healthcare

Manufactured by:
UNITED LABORATORIES INC.
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