UNILAB

MULTIVITAMINS

MINERALS + GINSENG + ROYAL JELLY

ENERVON® ACTIV

softgel capsule

	AMOUNT
Per softgel capsule	
Retinol Palmitate (Vitamin A)	3,000 IU
Cholecalciferol (Vitamin D_3)	200 IU
dl-alpha Tocopheryl Acetate (Vitamin E)	5 IU
Thiamine Mononitrate (Vitamin B_1)	7.5 mg
Riboflavin (Vitamin B_2)	8.5 mg
Pyridoxine Hydrochloride (Vitamin B_6)	10 mg
Nicotinamide	20 mg
Ascorbic Acid (Vitamin C)	100 mg
Calcium (as Calcium Carbonate)	100 mg
Iron, elemental (as Dried Ferrous Sulfate, 30 mg)	10 mg
Zinc (as Zinc Sulfate)	500 mcg
Copper (as Cupric Sulfate)	1 mg
Magnesium (as Magnesium Sulfate)	3 mg
Manganese (as Manganese Sulfate)	650 mcg
Molybdenum (as Sodium Molybdate)	45 mcg
Phosphorus (as Dibasic Calcium Phosphate)	50 mg
Potassium (as Potassium Sulfate)	2.5 mg
Ginseng	50 mg
Royal Jelly	6 mg

PRODUCT DESCRIPTION
This product is a brown, oblong-shaped softgel capsule.

WHAT IS IN THE MEDICINE?
This product is a nutritional supplement which contains the natural substances ginseng and royal jelly, two widely used "tonics" to help build stamina and help enhance psychomotor performance. The revitalizing properties of both ginseng and royal jelly combined with the known biochemical effects of vitamins and minerals may help maintain the healthy state of body functions. B-complex vitamins and iron in particular, may help meet energy demands by facilitating conversion of food to utilizable energy. It also contains antioxidant nutrients (Vitamins A, C, E and Zinc) that protect cells from harmful free radicals and help enhance immune function.

NUTRIENTS	FUNCTIONS
Ginseng and Royal Jelly	To help build stamina and enhance psychomotor performance
Calcium, Vitamins D, C, Phosphorus, Manganese, and Magnesium	To help keep healthy bones
Vitamins B_1, B_2, B_6, Nicotinamide, and Iron	To facilitate conversion of food to energy
Vitamins A, C, E and Zinc	To help maintain good eyesight and healthy skin
Iron, Vitamin B_2 and Copper	To keep the blood healthy
Manganese, Magnesium, Molybdenum, Iron, and Calcium	To assist in vital biochemical and metabolic processes to maintain proper body functions
Calcium, Potassium, and Magnesium	To help regulate muscle contractions and nerve pulse transmission
Vitamins B_6, C and E	To help reduce plasma homocysteine levels and help protect the cardiovascular system
Vitamins A, C, E, Zinc, Ginseng, and Royal Jelly	To trap harmful radicals through antioxidant effect and help boost immune function

STRENGTH OF THE MEDICINE
Please see formulation

WHAT IS THE MEDICINE USED FOR?
A nutritional supplement that contains essential vitamins and minerals to help promote optimum physical and mental performance.

HOW MUCH AND HOW OFTEN SHOULD YOU USE THE MEDICINE?
Orally, 1-2 softgel capsules daily.
Or, as directed by a doctor.

WHEN SHOULD YOU NOT TAKE THIS MEDICINE?
If you are allergic to any ingredient in the product
If you are pregnant or breastfeeding

UNDESIRABLE EFFECTS
Nicotinamide: Dosages of nicotinamide in excess of 100 mg daily may cause flushing of the face, arms, and chest, itching, and nausea.
Iron: Doses of elemental iron greater than 120 mg per day may cause gastrointestinal side effects such as nausea, vomiting, bloating, and upper abdominal discomfort. Other undesirable effects may include black stools, diarrhea or constipation.
Ginseng: Ginseng when taken in high doses (>3 daily) may cause hypertension, nervousness, insomnia, edema, diarrhea, and skin reactions.
Royal Jelly: Royal Jelly may cause hypersensitivity reactions such as eczema, rhinitis, urticaria, and bronchospasm.

WHAT OTHER MEDICINES OR FOODS SHOULD BE AVOIDED WHILE TAKING THIS MEDICINE?
- Concomitant use of oral hypoglycemic agents (e.g., Glimepiride, Glipizide, etc.) and ginseng may enhance the effect of oral hypoglycemic agents.
- Concomitant use of monoamine oxidase (MAO) inhibitors (e.g., Selegeline, Phenelzine, Moclobemide, etc.) and ginseng may result in decreased effect of MAO inhibitors.
- Concomitant use of warfarin and ginseng may result in decreased blood prothrombin levels.

WHAT SHOULD YOU DO IF YOU MISS A DOSE?
If you miss a dose, just give the next dose and the subsequent doses at the usual recommended schedule.
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 30°C.

SIGNS AND SYMPTOMS OF OVERDOSAGE
The B-complex vitamins (Vitamins B_1, B_2, B_6, B_{12}, and Nicotinamide) are relatively non-toxic.

However, long term (i.e., two months or longer) administration of large (megadose) dosages (e.g., usually 2 grams or more daily) of vitamin B_6 can cause neurological symptoms manifested as paresthesia (more noticeable at night and limited to the extremities), bone pains, hyperesthesia (described as burning, pricking, stinging, or itching), muscle weakness,fasciculation (described as twitching, restlessness or fidgeting), and numbness on the limbs and face.

Vitamin A
Chronic daily vitamin A intakes in excess of 10,000 or weekly intakes in excess of 25,000 IU have resulted in hypervitaminosis A.
Excessive vitamin A intake (more than 10,000 IU daily) is hazardous when taken during the first and second trimesters 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 IF YOU HAVE USED MORE THAN THE RECOMMENDED DOSAGE
If you have taken more than the recommended dosage, consult a doctor.

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 A DOCTOR?
If any undesirable effect occurs

For suspected adverse drug reaction, seek medical attention immediately and report to the FDA at www.fda.gov.ph AND Unilab at +632-8-UNILAB-1 (+632-8-864522-1) for Metro Manila or toll-free +1-800-10-UNILAB-1 for provinces, or e-mail productsafety@unilab.com.ph. By reporting undesirable effects, you can help provide more information on the safety of this medicine.

AVAILABILITY: Alu/Alu Foil Strip x 10's (Box of 100's); Alu/Alu Foil Strip x 5's (Box of 5's)
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Jl. Mercedes Benz No. 105, Cicadas Gunung Putri
Kabupaten Bogor, Provinsi Jawa Barat, Indonesia
Imported and Distributed by **UNILAB, Inc.**
No. 66 United Street, Mandaluyong City
Metro Manila, Philippines

DRP-3424-01
Reg. IPOPHIL
ULC154915IN03

UNILAB Consumer Care
8-UNILAB-1
8-864522-1
Provincial Toll Free: 1-800-10-8645221
Email: info@unilab.com.ph
Website: www.unilab.com.ph

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