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Supradyn

Trade Mark

ROCHE

Multivitamin preparation with minerals and trace elements

Composition

12 vitamins	per effervescent tablet	per dragée	per capsule
Vitamin A (retinol)	3333 IU (1 mg)	3333 IU (1 mg)	3333 IU (1 mg)
Vitamin B ₁ (thiamine)	20 mg	20 mg	20 mg
Vitamin B ₂ (riboflavin)	5 mg	5 mg	5 mg
Vitamin B ₆ (pyridoxine)	10 mg	10 mg	10 mg
Vitamin B ₁₂ (cyanocobalamine)	5 µg	5 µg	5 µg
Vitamin C (ascorbic acid)	150 mg	150 mg	150 mg
Vitamin D ₂ (ergocalciferol)	500 IU (12.5 µg)	500 IU (12.5 µg)	1000 IU (25 µg)
Vitamin E (dl- α -tocopherol)	10 mg	10 mg	10 mg
Biotin (vitamin H)	0.25 mg	0.25 mg	0.25 mg
Calcium-D-pantothenate	11.6 mg	11.6 mg	-
Dexpanthenol	-	-	10 mg
Folic acid	1 mg	1 mg	1 mg
Nicotinamide	50 mg	50 mg	50 mg

8 minerals and trace elements*			
Calcium (phosphate, pantothenate)	51.3 mg	51.3 mg	100 mg
Magnesium (phosphate, stearate, oxide)	5 mg	21.2 mg	5 mg
Iron (carbonate, sulfate, elemental)	1.25 mg	10 mg	10 mg
Manganese (sulfate)	0.5 mg	0.5 mg	0.5 mg
Phosphorus (phosphate)	47 mg	23.8 mg	84 mg
Copper (sulfate)	0.1 mg	1 mg	1 mg
Zinc (sulfate)	0.5 mg	0.5 mg	0.5 mg
Molybdenum (molybdate)	0.1 mg	0.1 mg	0.1 mg

*The amounts refer to the individual elements. The salts used in the various dosage forms are stated in parentheses.

Properties and effects

«Supradyn» is a multivitamin preparation with twelve essential vitamins and eight minerals and trace elements.

«Supradyn» corrects and prevents metabolic disturbances that are caused by a deficiency of vitamins, minerals and trace elements, whether due to increased requirements, reduced dietary intake, malabsorption, etc.

Indications and usage

Inadequate vitamin intake as a result of problems of nutrition in old age, weight-reducing diets, special diets, loss of appetite, chronic alcoholism.

Increased requirements as a result of acute or chronic disease, convalescence, postsurgical state, during and after treatment with antibiotics or chemotherapeutic agents.

Dosage and administration

Adults and children aged twelve years or over: 1 effervescent tablet, 1 dragée or 1 capsule daily, or as prescribed by the doctor.

The capsules and dragées should be swallowed whole with sufficient fluid, preferably during meals, for instance breakfast.

Dissolved in a glass of water, the effervescent tablets provide a pleasant drink.

Restrictions on use

Contraindications

«Supradyn» should not be given in the presence of allergy to one or more of the components or in the presence of preexisting hyper-

vitaminosis A or D, hypercalcemia, renal failure, or during treatment with retinoids, for instance <Tigason> (Trade Mark; active ingredient: etretinate).

Precautions

<Supradyn> should not be taken in doses higher than those recommended by the physician.

Pregnancy, nursing mothers

There is no evidence indicating that the use of <Supradyn> at the standard dosage during pregnancy constitutes a danger to the fetus. <Supradyn> may also be used by nursing mothers.

Undesirable effects

Provided the recommended dosage is observed, side effects are unlikely to occur, even after prolonged use.

Ingestion of <Supradyn> is occasionally followed by slight yellowish discoloration of the urine. This is due to the riboflavin (vitamin B₂) content of the preparation and is completely harmless.

Interactions

No interactions are known to occur when the standard dosages are given.

Special remarks

Please note

The effervescent tablets contain approximately 300 mg sodium (equivalent to approximately 700 mg common salt). For patients on a low-salt diet, therefore, the prescription of capsules or dragées rather than effervescent tablets is recommended.

The dragées contain about 300 mg crystallized sugar (saccharose) and the effervescent tablets 1 g. At the recommended daily doses of <Supradyn> these amounts of sugar are negligible even for diabetics on a special diet (1 g of crystallized sugar is approximately equivalent to 0.1 bread exchange unit). If necessary, however, the capsules, which contain no sugar, can be given instead.

Stability

This medicine should not be used after the expiry date (EXP) shown on the pack.

Packs

Effervescent tablets	10
Dragées	10, 30, 100
Capsules	10, 30

This is a medicament

- A medicament is a product which affects your health, and its consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sold the medicament.
- The doctor and the pharmacist are experts in medicine, its benefits and risks.
- Do not by yourself interrupt the period of treatment prescribed for you.
- Do not repeat the same prescription without consulting your doctor.

Keep medicaments out of reach of children

Council of Arab Health Ministers
Union of Arab Pharmacists



Made in Switzerland by
F. Hoffmann-La Roche Ltd, Basel

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