

Multivitamin preparation with minerals and trace elements for women before, during and after pregnancy

Composition

1 tablet contains:

12 vitamins

Vitamin A (retinol) (3600 IU)	1080 µg
Vitamin B1 (thiamine)	1.6 mg
Vitamin B2 (riboflavin)	1.8 mg
Vitamin B6 (pyridoxine)	2.6 mg
Vitamin B12 (cyanocobalamin)	4 µg
Vitamin C (ascorbic acid)	100 mg
Vitamin D3 (cholecalciferol) (500 IU)	12.5 µg
Vitamin E (dl- α -tocopherol acetate)	15 mg
Biotin (vitamin H)	0.2 mg
Calcium pantothenate	10 mg
Folic acid	0.8 mg
Nicotinamide	19 mg

3 minerals

Calcium	125 mg
Magnesium	100 mg
Phosphorus	125 mg

4 trace elements

Iron	60 mg
Copper	1 mg
Manganese	1 mg
Zinc	7.5 mg

Properties and effects

The vitamins, minerals and trace elements contained in Elevit Pronatal provide the dietary supplement that is required by women before, during and after pregnancy. In particular, its iron content prevents the iron deficiency anemia that frequently occurs during pregnancy thus rendering additional iron therapy unnecessary in most patients. Elevit Pronatal covers the increased requirement of vital substances that has been shown to exist during pregnancy and lactation by recent research findings. In addition, periconceptional use of Elevit Pronatal can reduce the incidence of neural tube defects (spina bifida, myelomeningocele, encephalocele, anencephaly). Use of the product for two or three months after childbirth also meets the requirement of vital substances in nonnursing mothers.

Indications

Increased requirement of vitamins, minerals and trace elements before, during and after pregnancy.
Prophylaxis of embryonic neural tube defects and prophylaxis of iron and folic acid deficiency anemia during pregnancy.

Dosage and administration

1 tablet daily, to be taken with breakfast, or as prescribed by the doctor. In the case of morning sickness, it is recommended that the tablet be taken at noon or, if necessary, in the evening.

For prophylaxis of neural tube defects: commence intake at least one month before the planned pregnancy. If pregnancy does not occur within two to three months, the dose can be halved, i.e. 1/2 tablet daily or one tablet every second day.

Restrictions on use

Elevit Pronatal should not be used concomitantly with other preparations that contain vitamin A and/or vitamin D or in patients with pre-existing hypervitaminosis A and/or D, impaired renal function, iron accumulation, iron utilization disorders, hypercalcemia, hypercalciuria or hypersensitivity to one or more of the ingredients.

Undesirable effects

Elevit Pronatal is well tolerated. In rare cases gastrointestinal disturbances (e.g. constipation) may occur, but these generally do not necessitate withdrawal of therapy.

In sensitive women, Elevit Pronatal may cause some degree of hyperstimulation. In such cases it should not be taken in the evening.

Interactions

Iron-containing preparations should not be used at the same time as tetracyclines since each may impair absorption of the other. If tetracyclines have to be taken concurrently with Elevit Pronatal, an interval of about two hours should be allowed between administration of the two preparations.

High doses of folic acid, in particular, can reduce the antiepileptic effect of antiepileptics / anticonvulsants such as carbamazepine, phenytoin, primidone and barbiturates.

Stability

Store under 25°C and protect from moisture.

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

Packs

Tablets (scored) 30 and 100

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.

Medicine: keep out of reach of children



Council of Arab Health Ministers
Union of Arab Pharmacists

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