

MULTIVITAMINS

MEGANERV-TME

Capsule



FORMULATION:

Each capsule contains:

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| Alpha-Tocopherol (Vit. E) | 200 mg |
| Thiamine Mononitrate (Vit. B1) | 10 mg |
| Riboflavin (Vit. B2) | 5 mg |
| Pyridoxine HCl (Vit. B6) | 10 mg |
| Cyanocobalamin (Vit. B12) | 10 mcg |
| Ascorbic Acid (Vit. C) | 50 mg |
| Calcium Pantothenate | 5 mg |
| Nicotinamide | 10 mg |
| Ferrous Sulfate (equivalent to 20 mg Elemental Iron) | 54.4 mg |

PRODUCT DESCRIPTION:

(MULTIVITAMINS) **MEGANERV-TME** capsule is a yellow-orange powder in an orange/scarlet capsule #0.

(MULTIVITAMINS) **MEGANERV-TME** capsule has a wide range and ideally balanced formula generally intended to provide an indispensable nutritional support to individuals who need a balanced intake of the most vital dietary ingredients.

PHARMACODYNAMICS AND PHARMACOKINETICS:

(MULTIVITAMINS) **MEGANERV-TME** capsule provides a potent blend of metabolic and tissue building factors for a well-integrated nutrition.

(MULTIVITAMINS) **MEGANERV-TME** capsule is useful in conditions associated with increased physical and mental activities, aging, during the course of acute, prolonged and debilitating illnesses, and other kinds of stress.

B-complex vitamins stimulate the various metabolic processes which produce the energy needed to fuel the cellular activities of the body, specifically the physiologic activities of the nervous system.

The hematinics, iron and B12 plus vitamin C, are needed to improve the process of blood production.

As a key antioxidant, vitamin E appears to play a significant role in protecting the body from many diseases. Vitamin E guards the different body systems against the damaging effects of pollutants and free radicals.

Also known as "scavengers of free radicals", antioxidants like vitamin E capture or trap harmful substances or the so-called free radicals and convert them into non-harmful substances.

Vitamin E also helps maintain the integrity and stability of cells and blood vessels in the brain to reduce or delay neuronal degeneration.

Vitamin E absorption from the gastrointestinal tract depends on the presence of biliary and pancreatic secretions. The amount absorbed varies between 20-80% and appears to decrease as the dose increases. It enters the bloodstream via chylomicrons and is widely distributed to all body tissues and is stored in the adipose tissue. Vitamin E is excreted in the urine but most of the dose is slowly excreted in the bile. It is also excreted in breast milk but poorly transferred across the placenta.

INDICATIONS:

(MULTIVITAMINS) **MEGANERV-TME** with its straightforward formulation, will provide an effective, reliable nutritional support in the following cases:

- During increased nutritional requirements as in periods of stress and convalescence
- Following illness or post-surgical conditions
- For the treatment of multivitamin deficiencies
- In inadequate or deficient diet

Good nutrition through proper diet is not always easy to achieve. (MULTIVITAMINS) **MEGANERV-TME** capsule meets the body's special needs quickly and safely and helps restore a healthy natural sense of well-being. It can therefore prove to be of special value to individuals who work long hours or do demanding jobs, in convalescing state (to recover strength and health after illness), athletes in training, women on contraceptive pills, and heavy smokers.

DOSAGE AND ADMINISTRATION:

One capsule daily or as prescribed by the physician.

CONTRAINDICATIONS/PRECAUTIONS/WARNINGS:

Contraindicated in patients with history of hypersensitivity to the components. Do not take more than the recommended dose.

Cyanocobalamin should not be given to patients with suspected vitamin B12 deficiency without first confirming the diagnosis. Use of doses greater than 10mcg daily may produce a hematological response in patients with folate deficiency and indiscriminate use may mask the precise diagnosis. Regular monitoring of blood is advisable.

Large doses of ascorbic acid may cause diarrhea and other gastrointestinal disturbances. It may also result in hyperoxaluria and the formation of renal calcium oxalate calculi, therefore it should be given with care to patients with hyperoxaluria. It also should not be given to patients with G6PD deficiency.

Vitamin E should be used with caution in patient with cardiovascular disease. Because of its mild blood-thinning effect, vitamin E should not be taken routinely with large doses of anticoagulant or blood-thinning drugs such as warfarin. Consult your doctor before taking such a combination. Patients on maintenance therapy with high doses of blood thinners like aspirin and dietary supplements with high amounts of ginkgo biloba must avoid taking large doses of vitamin E.

PREGNANCY AND LACTATION:

(MULTIVITAMINS) **MEGANERV-TME** capsule can be given safely to pregnant women. However, do not use the medicine without a doctor's advice.

ADVERSE DRUG REACTIONS:

Vitamin E is generally well tolerated and safe when consumed in prescribed amounts.

Large doses of Vitamin E may cause diarrhea, abdominal pain and other gastrointestinal disturbances, and may also cause blurred vision, dizziness, fatigue, and weakness. The most significant effect of Vitamin E at high doses is the antagonism to vitamin K action and the enhancement of the effect of oral coumadin, an anticoagulant drug with overt hemorrhage.

Adverse effects with thiamine are rare.

Allergic hypersensitivity reactions have occurred rarely after cyanocobalamin administration and include skin reactions such as rash, and itching, and anaphylaxis. Patients who are hypersensitive to cyanocobalamin injection may however be able to take cyanocobalamin. Other adverse effects reported with cyanocobalamin include gastrointestinal disturbances, fever, chills, hot flushing, dizziness, malaise, acneiform and bullous eruptions, and tremor.

DRUG INTERACTIONS:

Large doses of vitamin E may increase the effects of oral anticoagulant (blood thinning) drugs such as warfarin, aspirin or, blood-thinning dietary supplements such as ginkgo biloba.

Caution should be observed in vitamin-K deficient patients such as those taking oral anticoagulants because large doses of vitamin E have been reported to increase bleeding tendencies. It has also been suggested that it may increase the risk of thrombosis in some patients such as those taking estrogen. Colestyramine, colestipol, and orlistat may interfere with the absorption.

Drugs that interact with pyridoxine include hydralazine, isoniazid, penicillamine, oral contraceptives, altretamine, phenobarbital, and phenytoin.

Drugs that may reduce the absorption of vitamin B12 from the gastrointestinal tract include neomycin, aminosalicic acid, histamine-2 receptor antagonists, omeprazole, and colchicine.

OVERDOSAGE AND TREATMENT:

Signs and symptoms of Vitamin E overdose include gastric distress, abdominal cramps, diarrhea, headache, fatigue, easy bruising, and bleeding.

No cases of Vitamin B1 overdose have been reported. Vitamin B6 overdose is rare. Two cases that caused central nervous system toxicity have been reported. Overdose of Vitamin B12 is also rare. Cases of overdose need medical attention and should be immediately reported to your doctor.

AVAILABILITY:

Amber Blister Pack x 10's (Box of 60's)

CAUTION:

Foods, Drugs, Devices and Cosmetics Act prohibits dispensing without prescription.

DR-XY21634

For suspected adverse drug reaction, report to the FDA:
www.fda.gov/ph

STORE AT TEMPERATURES NOT EXCEEDING 30°C.

SVMore

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