

## MAXIDAY

### Instructions for medical use of the drug

**Trade name of the drug:** Maxiday.

**International nonproprietary name:** Combination drug.

**Dosage form:** Film-coated tablets.

**Compound:** Each tablet contains:

|   |           |
|---|-----------|
| Folic acid (vitamin B9) .....                           | 500 mcg;  |
| Biotin.....   | 150 mcg;  |
| Copper.....   | 1000 mcg; |
| Iodine.....   | 140 mcg;  |
| Iron.....   | 17 mg;    |
| Calcium.....  | 100 mg;   |
| Magnesium.....  | 150 mg;   |
| Selenium.....   | 30 mcg    |
| Zinc.....   | 15 mg;    |
| Mixture of natural carotenoids .....                    | 2 mg;     |
| Vitamin B <sub>1</sub> (thiamine nitrate).....          | 3 mg;     |
| Vitamin B <sub>2</sub> (riboflavin).....                | 2 mg;     |
| Vitamin B <sub>3</sub> (nicotinic acid).....            | 20 mg;    |
| Vitamin B <sub>5</sub> (pantothenic acid) .....         | 6 mg;     |
| Vitamin B <sub>6</sub> (pyridoxine hydrochloride) ..... | 6 mg;     |
| Vitamin B <sub>12</sub> (cyanocobalamin) .....          | 6 mcg;    |
| Vitamin C (ascorbic acid).....                          | 70 mg;    |
| Vitamin D <sub>3</sub> (cholecalciferol).....           | 400 IU;   |
| Vitamin E (alpha tocopherol acetate) .....              | 20 mg;    |
| Vitamin K .....   | 40 mcg;   |

**Excipients:** v.d.k.

**List of ingredients:** magnesium, calcium, vitamin C, vitamin B3, vitamin E, iron, zinc, vitamin B5, vitamin B6, vitamin B1, natural carotenoid mixture, copper, folic acid, biotin, iodine, vitamin K, selenium, vitamin B12, vitamin B2, vitamin D3.

**Pharmaco - therapeutic group:** Multivitamin + minerals.

**ATX code:** A11AA.

#### **Pharmacological properties:**

The drug is a medicine containing 13 essential vitamins, 2 minerals and 5 trace elements. The quantitative content of vitamins and minerals corresponds to the doses recommended for use during pregnancy and breastfeeding.

#### *Pharmacodynamics:*

*Folic acid* stimulates erythropoiesis and prevents the development of congenital malformations (neural tube defects) in the fetus.

*Biotin* takes part in metabolic processes and promotes protein absorption.

*Copper* is used in the construction of strong tissues in the body and also provides energy for cells. Copper allows an antioxidant enzyme called superoxide dismutase, or SOD for short, to perform its functions. Copper is also needed for protein production.

*Iodine* is an important substance necessary for the proper functioning of the thyroid gland. The thyroid gland uses iodine to synthesize thyroid hormones. Thyroid hormones promote cell growth and repair of cell damage, control metabolism and other important body functions.

*Iron* is part of the hemoglobin molecule, participates in the transport of oxygen in the body and prevents the development of anemia, including during pregnancy.

*Calcium* is involved in the formation of bone tissue, blood clotting, transmission of nerve impulses, and contraction of skeletal and smooth muscles.

*Magnesium* is involved in the formation of muscle and bone tissue, and also takes part in protein synthesis.

*Selenium* is an important component of various enzymes and proteins called selenoproteins, which help create DNA and protect cells from damage and infection; these proteins are also involved in the production and metabolism of thyroid hormones. Most selenium in the body is stored in muscle tissue, although the thyroid gland contains the highest concentration of selenium due to various selenoproteins, which help thyroid function. Selenium supplements are used to provide several benefits, including boosting immune function, improving hair and nail health, and supporting thyroid health.

*Vitamin B<sub>1</sub>* normalizes the activity of the heart and promotes the normal functioning of the nervous system.

*Vitamin B<sub>2</sub>* promotes tissue regeneration processes, including skin cells.

*Vitamin B<sub>3</sub>* or Niacin is a water-soluble vitamin that is excreted from the body in the form of urine. Thus, vitamin B3 can be taken both with food and with supplements, since our body needs a constant supply. The main benefits of vitamin B3 are that it keeps bones strong, reduces high cholesterol levels in the body, is also used to treat respiratory or vascular diseases, and promotes normal brain function and improved memory.

*Vitamin B<sub>5</sub>* ensures the normal functioning of the metabolism of energy production in the human body. At the same time, this vitamin helps maintain normal body functions by helping the synthesis of the steroid hormone, vitamin D. With a deficiency of vitamin B5, the body becomes tired and exhausted.

*Vitamin B<sub>6</sub>* helps maintain the structure and function of bones, teeth, gums, and affects erythropoiesis.

*Vitamin B<sub>12</sub>* participates in erythropoiesis, contributes to the normal functioning of the nervous system. B vitamins are involved in the formation of various enzymes that regulate different types of metabolism in the body.

*Vitamin C* participates in the oxidation of a number of biologically active substances, regulation of metabolism in connective tissue, carbohydrate metabolism, blood clotting and tissue regeneration, stimulates the formation of steroid hormones, and normalizes capillary permeability.

*Vitamin D<sub>3</sub>* plays an important role in maintaining the balance of calcium and phosphorus in the body of a pregnant woman. With vitamin D deficiency, children develop rickets.

*Zinc* necessary for the normal formation of the fetal skeleton and tissue regeneration, is part of some hormones, including insulin.

*Vitamin E* it is a fat-soluble antioxidant. Helps protect cells from damage. Vitamin E is essential for the proper functioning of many organs of the body.

*Vitamin K* is one of the important factors in the blood coagulation system.

**Indications for use:**

- Prevention and treatment of vitamin and mineral deficiency when planning pregnancy, during pregnancy, after childbirth, during lactation;
- The period of convalescence after prolonged and/or severe illnesses, incl. infectious.

**Directions for use and dosage:**

Consult your physician before use.

Women before pregnancy (when planning, one month before conception), during pregnancy, after childbirth and during breastfeeding are recommended to take 1 tablet orally per day after meals with a small amount of water, preferably in the morning. In case of morning sickness, it is recommended to take the drug during the day. The course of taking the drug is determined by the doctor.

**Side effect:**

The drug is well tolerated, but in rare cases, gastrointestinal disorders are possible: epigastric discomfort, constipation, flatulence, vomiting, diarrhea, nausea.

In some cases, allergic reactions are possible: urticaria, facial swelling, shortness of breath, skin irritation, skin rashes, blistering rash, anaphylactic shock. In this situation, you must stop taking the drug and consult your doctor.

Yellow coloration of urine is possible (associated with the presence of vitamin B2 in the drug and has no clinical significance).

Vitamin C can cause hemolytic anemia in cases of glucose-6-phosphate dehydrogenase deficiency.

In rare cases, hypercalciuria, headache, dizziness, insomnia, and increased excitability are possible.

**Contraindications:**

Increased individual sensitivity to the components of the drug, hypervitaminosis of vitamin A and/or D, hyperphosphatemia, hypermagnesemia, hypercalcemia, increased excretion of calcium in the urine, urolithiasis, disorders of iron and copper metabolism.

**Carefully:**

Impaired liver and kidney function.

**Pregnancy and breastfeeding:**

The drug is recommended for use during pregnancy and breastfeeding in recommended doses: 1 tablet per day.

Do not exceed the recommended daily dose (1 tablet per day).

Supplemental vitamin D intake must be taken into account to avoid overdose. Vitamin D overdose can cause hypercalcemia, which can lead to delayed mental and physical development of the fetus.

The vitamins and minerals included in the drug are excreted into breast milk.

Before using the drug, you should consult your doctor.

**Release form:**

Film-coated tablets. 10 tablets per blister. 3 blisters with instructions for use in cardboard packaging.

**Storage conditions:**

Store in a dry place, protected from light, at a temperature not exceeding 25 °C.

Keep the drug out of the reach of children.

Do not use the drug after the expiration date.

**Conditions for dispensing from pharmacies:**

Without a doctor's prescription.

**Made for:**

**MAXX PHARM. LTD**  
**London, Great Britain**