

OPTIMAX KIDS
Instructions
for medical use of the drug

Tradename: Optimax Kids.

International nonproprietary name: Vitamin and mineral preparation.

Dosage form: Tablets for oral administration.

Pharmaco-therapeutic group: Vitamins and minerals.

Compound: Each tablet contains:

Dry marigold extract standardized to 80% lutein content 6 mg, including 5 mg lutein;
Dry marigold extract standardized to 20% zeaxanthin content 2,5 mg, including 0,5 mg zeaxanthin;
European blueberry dry extract standardized to 25% anthocyanin content 5 mg, including 1,25 mg anthocyanins;
Dry grape seed extract standardized to 95% proanthocyanidin content 2,5 mg, including 2,375 mg proanthocyanidins;
Vitamin B 10,5 mg;
Vitamin B 20,6 mg;
Vitamin B12.....0,5 mcg;
Vitamin B 60,6 mg;
Taurine.....50 mg;
Lycopene0,7 mg;
Zinc.....3 mg;
Vitamin E4 mg;
Vitamin A250 mcg;
Calcium.....40 mg;
Vitamin D100 IU;
Vitamin P (rutin)25 mg;
Vitamin B 7 (biotin)20 mcg;
Magnesium.....100 mg;
Vitamin C50 mg.

ATX code: A11AB.

Pharmacologic effect:

Pharmacodynamics :

Optimax Kids components provide protection for the visual system, have an antioxidant effect and reduce the risk of developing eye diseases in children. The drug helps improve the functional state of the visual apparatus during the period of development of the body, when working at a computer and increased stress on the eyes. Specially selected Optimax Kids components help maintain proper vision.

Lutein and zeaxanthin are carotenoids that enter the human body with food, protecting the cells of the fundus and lens from the damaging effects of light and free radicals. Lutein, obtained from marigold petals, performs protective (absorbs part of the spectrum of light rays that aggressively affects the eyes) and antioxidant functions (neutralizes the effect of those aggressive rays that do penetrate the retina). Thus, it prevents damage to the retina. VMC contains a maximum lutein content of 5 mg.

Anthocyanins, substances contained in noticeable concentrations in blueberries, are involved in the formation and restoration of the retinal pigment rhodopsin, improving adaptation to different light levels and enhancing visual acuity in the dark.

Grape seed extract contains such a useful substance as resveratrol. It is necessary for maintaining vision, as it acts as a powerful antioxidant, neutralizing radicals harmful to the eyes. Promotes a speedy recovery from inflammatory eye diseases, for example, conjunctivitis, helps fight parasites with demodex.

Vitamin B1 (thiamine) normalizes intraocular pressure and improves the transmission of nerve impulses from the brain to the visual system. In ophthalmology, vitamin B1 is prescribed as part of complex treatment of various pathologies of the optic nerve. Optic neuropathy, inflammatory diseases of the optic nerve (intraocular and retrobulbar neuritis) are indications for the administration of vitamin B1.

Vitamin B2, or riboflavin, is required for normal blood circulation, ensures that nutrients flow through the bloodstream, and also helps to distinguish colors. Riboflavin, together with vitamin A, is necessary for photoreception processes (participates in the formation of visual purple), protects the retina from excessive exposure to ultraviolet rays, ensures normal vision - acuity of color and light perception, dark adaptation. Strengthens the capillary network of the eye, improves pupil performance, and also prevents the development of glaucoma and cataracts.

Vitamin B 6 is indispensable in the body; it is responsible for the transmission of nerve impulses and blood circulation. Necessary for normal hematopoiesis, the functioning of the central and peripheral nervous systems, takes part in the metabolism of proteins, carbohydrates and fats. Vitamin B 6 can be used in a course of therapy for age-related macular degeneration, retinal dystrophies, and glaucoma.

Vitamin B 7 (biotin) – its deficiency causes dry eyes. Biotin is involved in the breakdown of proteins, fats, carbohydrates, regulates insulin secretion and stabilizes blood sugar levels. Biotin plays a critical role in metabolism. It normalizes sugar content and is directly involved in the transfer of carbon dioxide and the production of fatty acids. The vitamin regulates the state of the nervous system.

Vitamin B12 (cyanocobalamin) is necessary for normal blood circulation in the eyes and stabilization of the functioning of nerve fibers. It is an important factor in normal growth, cell division, hematopoiesis and the development of epithelial cells, necessary for the metabolism of folic acid and the synthesis of myelin (the sheath covering the nerve fiber).

Vitamin A necessary for normal eye function. It strengthens the cornea, affects visual acuity, especially in twilight and darkness, and is responsible for normal color perception. It ensures the correct operation of the visual analyzer, ensures the synthesis of visual pigment in the retina, and the perception of light by the eye. It strengthens the cornea, improves visual acuity and is responsible for the ability to see in the dark.

Vitamin D stimulates local immunity and helps prevent the spread of inflammatory processes. Prevents the development of progressive myopia in children. Vitamin D deficiency is the cause of an increased risk of myopia. Vitamin D has demonstrated protective properties against macular degeneration due to its anti-inflammatory effects.

Vitamin E is a participant in cell metabolism, protein metabolism, and is an antioxidant. Promotes a beneficial effect on the retina of the eye. Vitamin E improves the conductivity of capillary walls, providing better tissue nutrition.

Vitamin C is an antioxidant that helps maintain the activity of the extraocular muscles, optic nerve and maintains the necessary concentration of collagen in the optical structures of the eye. Vitamin C is necessary for the eyes because it strengthens the walls of blood vessels, which in turn normalizes intraocular pressure.

Vitamin P (rutin) has pronounced angioprotective properties, strengthens the walls of blood vessels, preventing intraocular hemorrhages. Reduces the risk of developing myopia.

Lycopene belongs to the group of carotenoids, being a nonspecific antioxidant, it slows down the peroxidation processes of tissues, including the lens. Maintains the elasticity and strength of blood vessels, relieves tension during eye fatigue.

Taurine is an amino acid involved in the transmission of photosignals. Taurine improves oxygenation and stimulates metabolic processes in the tissues of the eye, prevents eye fatigue after visual stress (driving, reading) and age-related changes (retinal dystrophy, cataracts). It also reduces the harmful effects of solar ultraviolet radiation on the retina.

Calcium is necessary to strengthen the tissues of the eye and is an indispensable element for myopia.

Zinc is essential for maintaining the constituent structures of the optic nerve. In the retina, zinc is mainly localized in photoreceptors, as well as in the pigment epithelium, acting as a modulator of synaptic transmission; in addition, it is included in metalloproteinases. Zinc inhibits the activity of carbanhydrase, an enzyme that is involved in the production of aqueous humor in the eye chamber. That is why zinc salts are used for glaucoma to reduce intraocular pressure. In small amounts, zinc reduces retinal ischemia.

Magnesium is necessary both to protect the neuronal elements of the retina and optic nerve from degenerative processes characteristic of glaucomatous damage, and to regulate the metabolism of pathologically altered connective tissue structures of glaucomatous eyes.

Indications for use:

- visual fatigue (tiredness and pain in the eyes) when reading, wearing contact lenses, working with computer, artificial lighting, strong sunlight and intense workload at school;
- for myopia (to reduce the risk of myopia complications);
- living in areas with high insolation.

Contraindications:

- hypersensitivity to the components of the drug;
- children under 4 years old.

Directions for use and dosage:

For children from 4 to 12 years old, the drug is prescribed 1 tablet 1 time per day, after meals, preferably in the morning or afternoon.

The minimum course of admission is 3 months.

Repeated courses - on the recommendation of a doctor.

Side effects:

Allergic reactions may occur.

Overdose :

Symptoms: nausea, weakness, gastrointestinal disorders. In case of overdose, the patient should consult a doctor.

Treatment: taking activated carbon orally, gastric lavage, symptomatic therapy.

Interaction with other drugs:

To avoid unwanted effects, simultaneous use with other drugs is not recommended. vitamin and mineral preparations.

Special instructions:

Do not exceed the recommended dose.

When using the drug, urine may become intensely yellow, which is due to the presence of riboflavin in the composition of the drug and has no clinical significance.

Influence on the ability to drive vehicles and operate machinery.

The drug does not affect the ability to drive a car or control other mechanisms.

Release form:

30 tablets along with instructions for use in a cardboard box.

Storage conditions:

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

Keep out of the reach of children.

Best before date:

Indicated on the packaging. Do not use after expiration date.

Vacation conditions:

Over the counter.

Made for:

MAXX - PHARM LTD
London, Great Britain