

VITALIFE
Instructions
on medical use of the drug

Tradename: Vitalife.

International nonproprietary name: Multivitamin syrup.

Dosage form: Syrup for oral administration.

Pharmaco - therapeutic group: Vitamins.

Compound: *Every 5 ml contains:*

Retinol (Vitamin A)2500 IU;
Cholecalciferol (Vitamin D3).....	200 ME;
Tocopherol (Vitamin E)	10 IU;
Thiamine hydrochloride (Vitamin B1)	1,5 mg;
Riboflavin (Vitamin B 2)	1,5 mg;
Pyridoxine hydrochloride (Vitamin B 6)	1,5 mg;
Folic acid.....	100 mcg;
Niacinamide (Vitamin B3)	15 mg;
D-Panthenol	5 mg;
Cyanocobalamin (Vitamin B12)	2,5 mcg;
Biotin.....	30 mcg;
Ascorbic acid (Vitamin C)	50 mg;
Iodine	150 mcg;
Zinc.....	3 mg;
Manganese.....	2,5 mg;
Chromium.....	25 mcg;
Molybdenum.....	25 mcg;
Excipients.....	q.s .
Flavored dye caramel color.	

Pharmacologic effect:

Pharmacodynamics:

Vitalife syrup for children contains a complex of vitamins that are important factors in metabolic processes in the body.

The drug is used as a prophylactic agent, as well as as part of complex therapy to improve well-being in various diseases and accelerate recovery.

The multivitamin complex has a pleasant fruity taste, based on natural grapefruit and orange extract, and thanks to the liquid form of release - syrup, **Vitalife** is easy to give to very young children.

In children of the second year of life, the growth of organs and tissues continues, all body systems are formed, therefore, the need for vitamins increases, which help to develop normally, help improve the functioning of organs and systems, and improve resistance to diseases.

Vitamin A is involved in the synthesis of various substances (proteins, lipids, mucopolysaccharides) and ensures the normal function of the skin, mucous membranes, and the organ of vision.

Vitamin D3 plays an important role in maintaining the balance of calcium and phosphorus in the body. With its deficiency in bone tissue, the calcium content decreases (osteoporosis).

Vitamin E or tocopherol, is also one of the fat-soluble vitamins that perform essential functions in the human body. It is a powerful antioxidant (participates in the protection of cell membranes from the action of free radicals), the metabolism of selenium and amino acids containing sulfur (cystine, methionine).

This vitamin is also involved in the processes of tissue respiration and heme synthesis .

Vitamin B1 normalizes the activity of the heart and contributes to the normal functioning of the nervous system.

Vitamin B 2 promotes tissue regeneration processes, including skin cells.

Vitamin B 6 helps maintain the structure and function of bones, teeth, gums; influences erythropoiesis, promotes the normal functioning of the nervous system.

Vitamin B12 is involved in erythropoiesis and contributes to the normal functioning of the nervous system. B vitamins are involved in the formation of various enzymes that regulate metabolism in the body.

Vitamin C is involved 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 C increases the body's resistance to infections and reduces inflammatory reactions.

Niacinamide is a substrate for synthesis nicotinamide adenine dinucleotide (NAD - coenzyme I) and nicotinamide adenine nucleotide phosphate (NADP - coenzyme II), which accept and transfer protons in redox reactions, providing all types of metabolism, including energy. Improves nitrogen and carbohydrate metabolism, ensures tissue respiration.

Dexpanthenol stimulates skin regeneration, normalizes cellular metabolism, and increases the strength of collagen fibers. Dexpanthenol is converted in the body into pantothenic acid, which is an integral part of coenzyme A and is involved in the processes of acetylation, carbohydrate and fat metabolism, in the synthesis of acetylcholine, corticosteroids, and porphyrins.

Biotin takes part in metabolic processes and promotes protein absorption. It is part of enzymes that regulate protein and fat balance and is highly active. Participates in the synthesis of glucokinase, an enzyme that regulates carbohydrate metabolism. It is a coenzyme of various enzymes, including transcarboxylases. Participates in the synthesis of purine nucleotides. It is a source of sulfur, which takes part in collagen synthesis. With the participation of biotin, activation and transfer reactions of CO₂ occur.

Iodine is important for the proper functioning of the thyroid gland. The hormones produced by this organ affect the quality of metabolic processes in the human body. With their participation, various biochemical reactions are supported. Iodine is very important for the proper development of a child.

Zinc this element belongs to the category of antioxidants, "works" in conjunction with ascorbic acid, vitamins A, E, and copper. From the period of intrauterine development, it participates in the formation of tissues and metabolic processes in the body. Zinc is necessary for strong immunity, the secretion of thyroid hormones, normal regeneration of the skin and mucous membranes, the activity of the central nervous system, and intestines.

Chromium is an important trace element that is involved in carbohydrate, fat and protein metabolism. Chromium helps maintain normal carbohydrate metabolism by reducing blood sugar levels by enhancing the action of insulin and reducing tissue resistance to it. Moreover, chromium may have antioxidant effects, increase good cholesterol (HDL) and lower triglyceride levels. Chromium takes part in the synthesis of nucleic acids. It is able to maintain and preserve the structure of DNA and RNA, which are responsible for genes and heredity.

Manganese is a trace element that is an integral part of the enzymes glutamine synthetase and superoxide dismutase (SOD). They are involved in important processes such as energy production (ATP), brain development and function, immune response and others. The microelement in combination with calcium and zinc makes bones stronger. Thanks to its role in the powerful antioxidant SOD, the mineral may reduce inflammation. Participates in the production of thyroxine (T₄) - one of the two main thyroid hormones. Promotes the digestion of proteins and amino acids, as well as the metabolism of cholesterol and carbohydrates. Improves brain function and protects it from free radicals thanks to its antioxidant properties. In addition, the component stimulates the fast, efficient transmission of electrical impulses throughout the body.

Molybdenum promotes the metabolism of proteins, fats and carbohydrates, stimulates growth (activates a number of enzymes necessary for the development and growth of the body), is part of a number of enzymes necessary for the functioning of the body, strengthens dental tissue (retains fluoride in the body, protecting teeth from destruction and promoting prevention caries), accelerates the breakdown of purines and removes uric acid from the body (helps prevent the development of gout), an important component of tissue respiration, is involved in the synthesis of amino acids, affects the composition of the blood (helps produce hemoglobin), prevents anemia (improves the absorption and utilization of iron), affects on the quantitative and qualitative composition of the intestinal microflora.

Folic acid stimulates erythropoiesis, participates in the synthesis of amino acids (including methionine, serine), nucleic acids, purines and pyrimidines, and in choline metabolism. During pregnancy, folic acid is extremely necessary, as it plays an important role in the development of the neural tube of the fetus and is required for normal growth and development of the placenta.

Indications for use:

- for the prevention of diseases of various etiologies;
- under increased stress, both physical and neuropsychic;
- when overworked;
- to improve appetite, as well as in cases of inadequate unbalanced nutrition;
- during recovery;
- to strengthen the immune system, the body's resistance to colds, viral and infectious diseases;
- during chemotherapy as part of complex maintenance treatment.

Contraindications:

- Hypersensitivity to the components of the drug;
- Hypervitaminosis of vitamins A, D, B1, B6, B2, B12, C, PP, dexpanthenol;
- Diabetes;
- Children under 1 year.

Directions for use and dosage: internally, preferably in the morning after meals, daily. The course of taking the drug is 1 month. Repeat the course of taking the drug after 1-3 months or as recommended by a doctor. Recommended dosage regimen:

Children aged 1 to 3 years: 5 ml of syrup 2 times a day;

Children aged 4 to 6 years: 5 ml of syrup 3 times a day;

Children aged 7 to 14 years: 5 ml of syrup 3 to 4 times a day.

Pregnant women: 15-20 ml per day.

For children, syrup can be given from a spoon or mixed with tea, juice or fruit puree. Do not exceed the recommended daily dose.

Side effects:

Allergic reactions are possible. Do not exceed the recommended daily dose; if you accidentally take high doses, consult your doctor immediately.

Special instructions:

It is possible that urine may turn yellow - this is completely harmless and is explained by the presence of riboflavin in the drug. It is not recommended to take **Vitalife** together with other medications containing vitamins.

5 ml of **Vitalife syrup** contains 3.3 g of sucrose, 0.7 g of glucose, so the drug is not recommended for children with congenital intolerance to glucose and fructose, with glucose/galactose malabsorption syndromes and sucrose/isomaltose deficiency.

The drug contains azo dye E 124, which can cause a hypersensitivity reaction with an asthmatic component. Such reactions are more often observed in patients with hypersensitivity to acetylsalicylic acid.

Interaction:

Vitamin C enhances the effect and side effects of antimicrobial agents from the sulfonamide group (including the appearance of crystals in the urine).

Overdose:

There were no cases of drug overdose.

Release form:

Syrup in a bottle of 200 ml.

Storage conditions:

Store at a temperature not exceeding 25 °C, in a place protected from light.
Keep out of the reach of children.

Best before date:

See packaging.

Vacation conditions:

Without a doctor's prescription.

Made for:

MAXX PHARM LTD.
London, Great Britain

