

YODOMAX
Instructions
for medical use of the drug

Trade name of the drug: Yodomax.

International nonproprietary name: Potassium iodide, folic acid, vitamin D3, zinc.

Dosage form: Tablets for oral administration.

Compound: Each tablet contains:

Active substances:

Potassium iodide (equivalent to 200 mcg iodine).....262 mcg;

Folic acid.....800 mcg;

Vitamin D320 mcg;

Zinc.....15 mg.

List of ingredients: potassium iodide, folic acid, vitamin D3, vitamin B12, sorbitol, magnesium stearate.

Pharmaco-therapeutic group:

Iodine preparations in combination with folic acid, vitamin D3 and zinc.

Pharmacological properties:

Pharmacodynamics :

Potassium iodide: necessary for the normal functioning of the thyroid gland, since it is part of its hormones that ensure proper metabolism in the body, regulate the activity of the brain, nervous and cardiovascular systems, reproductive and mammary glands, the growth and development of the child. Prevents the development of iodine deficiency conditions, normalizes thyroid function impaired by iodine deficiency.

Folic acid: A lack of folic acid in the body leads to disruption of DNA synthesis in a cell that is preparing to divide. Folic acid is involved in the synthesis of nucleic acids (in the form of tetrahydrofolate), purines and pyrimidines (as a coenzyme), so it plays a decisive role in the formation of the central nervous system (formed 17-28 days after conception). Taking folic acid and iodine by adolescents during puberty increases physical performance, reduces fatigue, promotes the normal functioning of the body as a whole and the reproductive system, in particular, and helps reduce overall morbidity.

Vitamin D3: helps keep bones and teeth in good condition, supports the functioning of the immune, nervous, respiratory and cardiovascular systems, normalizes brain function, regulates insulin levels. Vitamin D is necessary for the proper functioning of all endocrine glands and the functioning of the immune system. A low level of vitamin D is a prognostically unfavorable sign of the development of any autoimmune pathology, including the development of autoimmune thyroiditis. The main functions of vitamin D: absorption of calcium and phosphorus, strengthening and maintaining muscle tone, regulating blood pressure and heart rate, normalizing blood sugar levels, improving metabolic processes, stimulating the synthesis of a number of hormones, strengthening the nervous system (normalizing the conductivity of nerve impulses), maintaining immunity, reducing the risk of developing cardiovascular pathologies, protection against acute respiratory viral infections and inflammatory diseases. Thyroid hormones, testosterone, and estrogens adapt to the level of vitamin D in the body. A sufficient amount of it is necessary for proper sleep, it is involved in the synthesis of serotonin in the brain, and is an important link in the suppression of autoimmune inflammation.

Zinc: Zinc plays a critical role in all phases of the cell cycle, including cell differentiation and division, cell growth, cellular transport, transcription, protein synthesis, RNA and DNA synthesis, and DNA replication. It is a cofactor in over 1000 enzymatic reactions or more. Zinc is actively involved in the regulation of the function of the immune system, wound healing, the synthesis and secretion of insulin, the synthesis and action of thyroid hormones, and the regulation of blood pressure. Its biological role in these processes is very complex. It is included in the structure of many proteins involved in protection against oxidative stress. Zinc binds T3 to thyroid hormone receptors and plays a key role in the interaction of thyroid hormone receptors with target genes. Zn²⁺ can displace T3 from the receptor binding complex. Zinc is involved in the conversion of T4 to metabolically active T3. Zinc is also involved in the formation and mechanism of action of thyrotropin-releasing hormone (TRH) through zinc-dependent carboxypeptidase, which converts prepro - TRH to TRH. Zinc deficiency suppresses the synthesis of thyroid hormones and also impairs the binding of T3 to nuclear receptors, leading to hypothyroidism. In turn, thyroid hormones themselves are necessary for the metabolism of zinc, therefore, hypothyroidism can contribute to acquired zinc deficiency.

Indications for use:

- prevention and compensation of iodine and folic acid deficiency in women during pregnancy planning, as well as during pregnancy and lactation;
- prevention of intrauterine anomalies of fetal development;
- prevention of growth disorders and puberty in adolescents;
- state of chronic fatigue, memory impairment;
- peripheral neuropathies;
- prevention of iodine deficiency diseases in regions with iodine deficiency, primarily in children, adolescents, pregnant and lactating women;
- treatment of diffuse nontoxic and euthyroid goiter in adolescents and adults;
- prevention of goiter recurrence after surgery for goiter or after the end of drug treatment of goiter with thyroid hormone preparations.

Contraindications:

- Hypersensitivity to iodine or other components of the drug;
- Hyperfunction of the thyroid gland;
- Toxic adenoma of the thyroid gland;
- Nodular goiter when using doses of 300–1000 mcg/ day (except for preoperative iodine therapy);
- Newborns and children up to 12 years old;
- Dermatitis herpetiformis (senile) Dühring.

Side effects:

Allergic reactions to the components of the drug are possible.

Directions for use and dosage :

Yodomax is taken orally, 1 tablet per day during or after meals in the morning, with a sufficient amount of water.

The duration of the course of taking the drug is determined by the doctor.

Warnings:

Consult a physician if you are pregnant, sick, or nursing. Do not exceed the recommended dosage.

Release form:

Tablets No. 30 in a cardboard box along with a leaflet.

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

