



MULTIVITAMIN

Package Insert

1. Scheduling status: SO

2. Proprietary name and dosage form:

PSNLifestyle MULTIVITAMIN 30 capsules

3. Composition:

Each serving (1 capsule) contains:

Vitamin A (100% as Beta-Carotene)	5000IU
Vitamin B1 (Thiamin)	4mg
Vitamin B2 (Riboflavin)	5mg
Vitamin B3 (Niacinimide)	20mg
Vitamin B5 (D-Calcium Pantothenate)	25mg
Vitamin B6 (Pyridoxine Hydrochloride)	4mg
Vitamin B12 (Methylcobalamin)	30mcg
Biotin	300mcg
Vitamin C (Acerola Extract)	20mg
Vitamin D3 (Cholecalciferol)	500IU
Vitamin E (D-Alpha Tocopherol Acetate)	30IU
Vitamin K	45mcg
Folic Acid	400mcg
Chromium (Chromium Polynicotinate)	120mcg
Copper (Amino Acid Chelate)	1mg
Iodine (from Ecklonia Maxima)	151mcg
Iron (Amino Acid Chelate)	18mg
Manganese (Amino Acid Chelate)	1mg
Molybdenum (Amino Acid Chelate)	75mcg
Selenium (L-Selenomethionine)	140mcg
Zinc (Zinc Orotate)	15mg

OTHER INGREDIENTS: gelatin and purified water

4. Pharmacological classification:

Dietary vitamin and mineral supplement

5. Pharmacological action:

Multivitamin and mineral nutritional support.

6. Indication:

For treatment or prevention of low levels of vitamins and minerals.

7. Contraindications:

Do not use this product before consulting your physician if you have:

- Kidney disease or kidney stones
- Liver disease
- Gastro-intestinal ulcer or inflammatory bowel disease
- Severe infections
- Iron metabolism disorders causing increased iron storage.

8. Caution:

- Consult with your doctor before using this product if you are taking any prescription or non-prescription drugs or have any other pre-existing medical condition other than mentioned above.
- Do not use if you are allergic to any of the ingredients.
- Do not exceed recommended dosage.
- This product is not intended to diagnose, treat, cure or prevent any disease.

- Keep out of reach of children.
- Do not take after 4pm.

9. Interactions:

Do not take at the same time as calcium supplements.

10. Pregnancy and lactation:

Safety of the combined product, during pregnancy or lactation, has not been researched, although the individual ingredients are safe to use during pregnancy and lactation. Consult your gynaecologist or physician before use.

11. Dosage and directions for use:

Take one (1) capsule in the morning with your first meal.

12. Side effects:

Constipation, diarrhoea or nausea.

13. Overdose:

Abnormal high doses can cause hypervitaminosis. Gastro-intestinal distress at high doses, nausea, vomiting, diarrhoea and sleeplessness.

14. Identification

This product is capsulated with PSN branded capsules.

15. Presentation:

This product is packed into a sealed black plastic container with black cap.

16. Storage instructions:

Store in a cool dry place below 25°C and keep out of reach of children.

17. Registration number:

This product has not been evaluated by the Medicines Control Council.