

**Presentation:**

Each tablet contains-

Vitamins: Vitamin A [As Beta Carotene] & Vitamin A (retinol) Palmitate 5000 IU, Vitamin C 60 mg, Vitamin D 400 IU, Vitamin E 30 IU, Vitamin K 25 mcg, Thiamine 1.5 mg, Riboflavin 1.7 mg, Niacin 20 mg, Pyridoxine Hydrochloride 2 mg, Folic Acid 400 mcg, Cyanocobalamin 6 mcg, Biotin 30 mcg, Calcium Pantothenate 10.88 mg.

Minerals: Calcium 162 mg, Iron 18 mg, Phosphorous 109 mg, Iodine 150 mcg, Magnesium 100 mg, Zinc 15 mg, Selenium 20 mcg, Copper 2 mg, Manganese 2 mg, Chromium 120 mcg, Molybdenum 75 mcg, Potassium 80 mg, Chloride 72 mg, Boron 150 mcg, Nickel 5 mcg, Silicon 2 mg, Tin 10 mcg, Vanadium 10 mcg & Lutein 250 mcg.

Descriptions:

Multi Gold is a comprehensive well-balanced multivitamin and multimineral preparation specially designed to improve the nutritional status of the individuals. This preparation maintains a healthy body and active lifestyle and keeps proper nutrition covered for all.

Pharmacological Action

Multi Gold is indicated for the prevention and treatment of vitamin-mineral deficiencies. Moreover individual components of Multi Gold have different pharmacological actions which are given below:

Vitamin A: Helps form and maintain healthy skin, eyes, teeth, gums, hair, mucous membranes and glands.

Vitamin C (Ascorbic Acid): Collagen formation: without it, procollagen does not cross-link properly, resulting in impaired wound healing.

Vitamin D: Vitamin D helps to regulate calcium metabolism and normal calcification of the bones in the body as well as influencing our utilization of the mineral phosphorus

Vitamin E: Necessary for the formation of normal red blood cells, muscle, and tissue and necessary for immune functions

Vitamin K: Necessary for normal blood coagulation

Vitamin B-Complexes

Thiamine (Vitamin B1): Aids in energy utilization from food by promoting proper carbohydrate metabolism.

Riboflavin (Vitamin B2): Aids in energy utilization from food

Niacin (Vitamin B3): Present in all cells in the body helps convert food into energy; involved in fat, protein, and carbohydrate metabolism

Pyridoxine (Vitamin B6): Important in protein and amino acid metabolism

Folic Acid: Adequate amounts of this B vitamin (folic acid) as part of a healthy diet can help reduce the risk of birth defects of the brain and spine

Cyanocobalamin (Vitamin B12): Helps form red blood cells and build vital genetic material (nucleic acids) for the cell nucleus

Biotin: Necessary for formation of fatty acids & for production of energy from glucose

Pantothenic Acid (Vitamin B5): Involved in converting carbohydrates, fats and proteins into energy

Calcium: Helps build and maintain strong teeth and bones.

Iron: Necessary for proper formation of oxygen-rich red blood cells & plays important role in the transport of oxygen

Phosphorous: Helps build and maintain teeth and bones

Iodine: Essential for formation of thyroid hormone thyroxine which governs metabolism and growth

Magnesium: Maintains proper levels of calcium and potassium

Zinc: The important antioxidant enzyme, superoxide dismutase (SOD), requires zinc, together with copper and manganese, to function. Zinc is also essential for the metabolism of vitamin A, another important antioxidant, enhance wound healing.

Selenium: Role as an antioxidant in the enzyme selenium-glutathione-peroxidase.

Copper: Involved in brain and red cell function, iron metabolism, bone health and protein synthesis

Manganese: Necessary for normal growth and development, reproduction and cell function

Chromium: Necessary for normal carbohydrate, protein and fat metabolism

Molybdenum: Important for normal cell function

Potassium: It is part of a number of metabolic actions, especially those that involve release of energy

Boron: Boron affects calcium, magnesium, and phosphorus balance and the mineral movement and makeup of the bones by regulating the hormones, mainly parathyroid that control these functions.

Nickel: Enhances the body's use of iron

Silicon: May be necessary for normal cartilage, collagen and bone formation. Silicon promotes firmness and strength in the tissues.

Tin: Necessary for normal growth & Cell metabolism.

Vanadium: Pharmacological studies in animals suggest that vanadium may be involved in hormone, glucose, fat, bone and tooth metabolism as well as reproduction and growth.

Lutein: Super antioxidant that provides protection against free radicals.

Indications:

Multi Gold is indicated for the prevention and treatment of vitamin-mineral deficiencies. As a complete daily nutritional supplement, Multi Gold is also indicated to meet the increased demands for vitamins and minerals in the conditions, like- physical & emotional stress, chronic diseases, infectious illness, osteoporosis, injuries or wounds, surgery, poor digestion, old age, pregnancy & lactation.

Dosage & Administration:

One tablet daily or as recommended by the physician.

Side Effects:

Generally well tolerated. When encountered with an untoward effect, report the situation to Turkish Drug Adverse effects Monitoring and evaluation Centre of the ministry of Health- (TADMER).

Precautions:

Folic acid in doses above 0.1 mg daily may obscure pernicious anemia in that hematological remission can occur while neurological manifestations remain progressive. Read carefully the insert before use. If you are taking medicines, definitely inform your physician and your pharmacist.

Contraindications:

Multi Gold is contraindicated in patients with a known hypersensitivity to any of the ingredients.

Use in Pregnancy & Lactation:

Multi Gold is recommended in pregnancy and lactation.

Commercial Packaging:

Multi Gold tablet: Each air tight plastic bottle contains 30 multivitamin and multimineral tablets.

Manufactured by:
 **Silva**
Pharmaceuticals Limited
Majidee, Noakhali, Bangladesh