

Multilife Drops

Multivitamin drops 30 ml



PROLIFE
PHARMA

- Read all of this leaflet carefully before you start using Multilife drops
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This product has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What Multilife drops is and what it is used for
2. What you need to know before you take Multilife drops
3. How to take Multilife drops
4. Possible side effects
5. How to store Multilife drops
6. Contents of the pack and other information

1. WHAT MULTILIFE DROPS IS AND WHAT IT IS USED FOR

Multilife drops is an ideal food supplement to provide children as well as adolescents with some of the most important nutrients needed on a daily basis. Vitamins and minerals are important for the growth, the development and the proper functioning of the body. Multilife drops provides you with essential vitamins, mineral and trace elements in an easy and enjoyable way.

Multilife drops is used to prevent vitamin deficiencies in babies and children up to 12 years old. The need for additional vitamins and minerals depends on the individual eating patterns and lifestyle. There are different circumstances that require a higher intake of vitamins (increased physical activity, during recovery from an illness, source of extra energy...). Multilife drops may contribute to the reduction of tiredness and fatigue and help maintaining a healthy fitness and a normal growth.

Vitamins present in Multilife drops:

- **B-vitamins:** increase the daily energy levels, increase focus and help to maintain a healthy and active mind.
- **Vitamin A:** helps to maintain a healthy skin and good eye sight
- **Vitamin D:** important for the growth and maintenance of strong bones and teeth
- **Vitamin C:** improves wound healing, promotes a healthy immune system and aids in the absorption of iron

Minerals present in Multilife drops:

- **Iron:** important for the formation of haemoglobin, which is necessary for oxygen transport in the blood and the metabolism.

2. WHAT DO YOU NEED TO KNOW BEFORE YOU TAKE MULTILIFE DROPS?

Do not take Multilife drops if:

- your child is allergic to any of the ingredients of Multilife drops (listed in section 6).
- your child is having other vitamin supplements
- your baby is receiving more than 500 ml of formula milk per day. This is to avoid exceeding the safe upper limit of Vitamin A.

Multilife drops contains sodium

This product contains sodium, which should be taken into consideration by patients on a controlled sodium diet.

Other medicines and Multilife drops

Your child can be given Multilife drops, if he or she is taking other medicines. However, do not give your child other vitamin preparations at the same time. Tell your doctor or pharmacist if you are taking, have recently taken or might take any medicines, even non-prescription medicines. Your dosage may need to be adjusted.

3. HOW TO TAKE MULTILIFE DROPS

Always take Multilife drops exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Dosage

For children under the age of 1 year: 5 drops (0.25ml)
For children aged 1-12 years: 10 drops (0.5ml)

Do not exceed the recommended daily dosage.
Shake well before use.
Free from alcohol, artificial colors and gluten

Knowing how difficult it is to administer food supplements to children, Multilife drops comes in with a drop dispenser and a fruity taste that everyone can enjoy.
The drops can be given directly or mixed with food or a drink.

The dosage is meant to match the highest European standards and recommendations. Therefore, the recommended daily intake indicated may not be exceeded. Dietary supplements should not replace a varied diet. A healthy lifestyle and a varied balanced diet is important for maintaining good health.

If you take more Multilife drops than you should

If you may have taken more Multilife drops than you should, talk to your doctor or pharmacist immediately. If you take an excessive amount of this product, there's a risk at a vitamin A overdose (hypervitaminosis A), although it's unlikely to cause any serious harm. Some symptoms of overdose are dizziness, nausea, headache, skin irritation and pain in joints and bones. If your child experiences one of these symptoms after taking too much Multilife drops, talk to your doctor immediately or go to the nearest hospital.

If you forget to take Multilife drops

If you miss a dose of Multilife drops, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once.

4. POSSIBLE SIDE EFFECTS

Like all supplements, Multilife drops can cause side effects, although not everybody gets them. If your child feels ill after using Multilife drops, or you notice any unusual or unexpected symptoms, talk to your doctor, pharmacist or nurse or go to the nearest hospital.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

5. HOW TO STORE MULTILIFE DROPS

Keep Multilife drops out of the reach of children.

Do not use Multilife drops after the expiry date which is stated on the label. The expiry date refers to the last day of the month. Store below 25°C. Keep the bottle upright in its original carton and store away from light.

Once the bottle is opened, use the contents within 4 weeks.

Do not throw away any product via wastewater or household waste. Ask your pharmacist how to throw away food supplements you no longer use. These measures will help to protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

Multilife drops is a yellow/brown liquid in a 30 ml bottle. This colour can become cloudy or darken but can still be used if this happens within 4 weeks of opening and if it has not passed the expiry date (printed on the label and carton). The colour, smell and flavour of the product are the natural colour, smell and flavour of the vitamins.

What Multilife drops contains

ACTIVE INGREDIENTS:

Multilife drops 30 ml Multivitamin drops	Per 0.5 ml	Per 30 ml
Iron	1 mg	60 mg
Vitamin B1	0.5 mg	30 mg
Vitamin B2	0.25 mg	15 mg
Vitamin B3 (niacin)	2.5 mg	150 mg
Vitamin B6	0.3 mg	18 mg
Vitamin B12	0.5 mcg	30 mcg
Vitamin A	150 mcg	9 mg
Vitamin D	2.5 mcg	150 mcg
Vitamin C	2.4 mg	144 mg

Ammonium iron (III) citrate corresponding to 1 mg iron per 0.5 ml, Nicotinamide (niacin), Ascorbic acid (Vitamin C), Retinyl palmitate (Vitamin A), Thiamine mononitrate (Vitamin B1), Riboflavin 5-phosphate (Vitamin B2), Pyridoxine hydrochloride (Vitamin B6), Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12).

Other ingredients :

Water, thickener: Xanthan gum, colourant: Beta-carotene, flavouring: Orange oil & aroma, preservative: Potassium sorbate, Sodium benzoate, acidulate: Citric malic acid, sweetener: Sodium cyclamate, Acesulfame K, Saccharin, emulsifier: Polysorbate 80