

Multilife syrup

Multivitamin syrup with iron 200 ml



PROLIFE
P H A R M A

- Read all of this leaflet carefully before you start using Multilife syrup
- 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 syrup is and what it is used for**
2. **What you need to know before you take Multilife syrup**
3. **How to take Multilife syrup**
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5. **How to store Multilife syrup**
6. **Contents of the pack and other information**

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

Multilife syrup is an ideal food supplement to provide children, adolescents and adults 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 syrup provides you with essential vitamins, mineral and trace elements in an easy and enjoyable way.

Multilife syrup is used to prevent vitamin deficiencies. 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 syrup may contribute to the reduction of tiredness and fatigue and help maintaining a healthy fitness and a normal growth.

Furthermore, Multilife syrup provides an extra dose of iron. Iron is a mineral that is natural present in many foods. It is an essential component of haemoglobin, a protein that transfers oxygen from the lungs to the tissues and is present in myoglobin, a protein that provides oxygen to muscles. Iron supports metabolism and is necessary for growth, development, normal cellular functioning and synthesis of some hormones and connective tissue.

Vitamins present in Multilife syrup:

- **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 E:** helps protect cells from damage and against negative influences from the sun

- **Vitamin C:** improves wound healing, promotes a healthy immune system and aids in the absorption of iron
- **L-Lysine:** is an essential amino acid, meaning it is necessary for human health, but the body cannot make it. It is important for proper growth and plays an essential role in the production of carnitine (nutrient important for lowering cholesterol levels) and collagen (substance important for the formation of bones and skin)

Minerals present in Multilife syrup:

- **Iron:** important for the formation of haemoglobin, which is necessary for oxygen transport in the blood and the metabolism.
- **Magnesium:** helps keep blood pressure normal, bones strong, and the heart rhythm steady
- **Zinc:** responsible for a number of different functions in the human body and it helps stimulate the activity of 100 different enzymes.

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

Do not take Multilife syrup if:

- You or your child are allergic to any of the ingredients of Multilife syrup (listed in section 6).
- You or your child are 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 syrup contains glucose, sucralose and sodium

This should be taken into account with patients who suffer from diabetes mellitus. If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before taking this product. This product also contains sodium, which should be taken into consideration by patients on a controlled sodium diet.

Other medicines and Multilife syrup

You or your child can take Multilife syrup, if you or he or she is taking other medicines. However, do not take or 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 SYRUP

Always take Multilife syrup 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:

Children: 1-3 years: 1 teaspoon (5 ml) , 2 times per day
 Children: 4-12 years: 1 teaspoon (5 ml), 3 times per day
 Adults: 1 tablespoon (15 ml), 2 times per day

Do not exceed the recommended daily dosage.

Shake well before each use.
Free from alcohol, artificial colors and gluten

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 syrup than you should

If you may have taken more Multilife syrup 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) and an iron overdose. Some symptoms of overdose are dizziness, nausea and stomach pain, diarrhoea, headache, skin irritation, pain in joints and bones, blood in your stool, discoloration of your stool, fatigue, cold and sweaty skin, fast heart rate, high blood sugar and acidity. If you or your child experience one of these symptoms after taking too much Multilife syrup, talk to your doctor immediately or go to the nearest hospital.

If you forget to take Multilife syrup

If you miss a dose of Multilife syrup, 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 syrup can cause side effects, although not everybody gets them. If you or your child feel ill after using Multilife syrup, 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 SYRUP

Keep Multilife syrup out of the reach of children.

Do not use Multilife syrup after the expiry date which is stated on the label. The expiry date refers to the last day of the month.

Store multivitamins with iron syrup at room temperature (do not store above 25°C). Store away from heat, moisture and light. Do not store in the bathroom. Once opened, keep refrigerated and consume within 2 months.

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

What Multilife syrup contains:

Multilife syrup is an orange/ brown liquid in a 200ml amber glass medical round bottle with child resistant cap and measure cup.

ACTIVE INGREDIENTS:

Multilife syrup 200 ml Multivitamin syrup	Per 10 ml	Per 200 ml
Iron	14 mg	280 mg
Magnesium	20 mg	400 mg
zinc	10 mg	200 mg
Vitamin B1	3 mg	60 mg
Vitamin B2	3 mg	60 mg
Vitamin B3 (niacin)	10 mg	200 mg
Vitamin B5	5 mg	100 mg
Vitamin B6	2 mg	40 mg
Vitamin B12	3 mcg	60 mcg
Vitamin A	900 mcg	18 mg
Vitamin D	5 mcg	100 mcg
Vitamin E	6 mg	120 mg
Vitamin C	60 mg	1.2 g
L-lysine (essential amino acid)	80 mg	1.6 g

L-lysine hydrochloride, magnesium, zinc gluconate corresponding to zinc 10 mg per 10 ml, Ammonium iron (III) citrate corresponding to iron 14 mg per 10 ml, Ascorbic acid (vitamin C), Nicotinamide (niacin), DL-alpha-tocopheryl acetate (vitamin E), Calcium D pantothenate (vitamin B5), Riboflavin 5-phosphate sodium (vitamin B2), Pyridoxine hydrochloride (vitamin B6), Retinyl palmitate (vitamin A), Thiamine Mononitrate (Vitamin B1), Cholecalciferol (vitamin D3), Cyanocobalamin (Vitamin B12)

Other ingredients:

Water, Glucose syrup, Citric malic acid, thickener: Xanthan gum, preservatives: Sodium benzoate, Potassium sorbate, Orange oil and aroma, sweeteners: Sodium cyclamate, Acesulfame K, Sucralose, Saccharin, emulsifier: Polysorbate 80, release agent: Starch, Gum arabic, Silica, coloring agent: Beta-carotene, antioxidants : DL-alpha-tocopherol, mannitol