

## MEDICINE INFORMATION

### Products Name

**VitABDECK High Potency Multivitamin plus Zinc CAPSULE** AUST L 526659

### Active Ingredients

VitABDECK contains fat soluble vitamins in a water-soluble form, helping to increase the absorption of dietary Vitamins A, D, E and K.

| Active Ingredient                                                            | Quantity per capsule         |
|------------------------------------------------------------------------------|------------------------------|
| Ascorbic acid (C)                                                            | 100 mg                       |
| Betacarotene                                                                 | 3 mg                         |
| Retinol palmitate<br><i>Equivalent to Vitamin A retinol equivalents (RE)</i> | 1.39 mg<br>750 micrograms RE |
| Biotin                                                                       | 100 micrograms               |
| Calcium pantothenate                                                         | 13.6 mg                      |
| colecalfiferol (D3)                                                          | 11 micrograms                |
| Cyanocobalamin (B12)                                                         | 3 micrograms                 |
| d-alpha-tocopheryl acid succinate (E)                                        | 123.8 mg                     |
| Folic acid                                                                   | 200 micrograms               |
| Nicotinamide                                                                 | 20 mg                        |
| Phytomenadione (K)                                                           | 150 micrograms               |
| Pyridoxine hydrochloride (B6)                                                | 1.9 mg                       |
| Riboflavin (B2)                                                              | 1.7 mg                       |
| Thiamine hydrochloride (B1)                                                  | 1.5 mg                       |
| Zinc amino acid chelate<br><i>Equivalent zinc</i>                            | 37.5 mg<br>7.5 mg            |

### Allergy Information and Ingredients of Concern

**Contains: fish, sulfites, sugars and sodium**

The manufacturer has reviewed VitABDECK against the full range of known allergen information according to "Therapeutic Goods Order No.92 Standard for Labels of Non-Prescription Medicines, Food Standards Australia New Zealand (FSANZ) Food Standards Code Standard 1.2.3 Information Requirements - Warning Statements, Advisory Statements and Declarations, European Union Commission Directive 2007/68/EC and US Federal

## MEDICINE INFORMATION

*Register Food Allergen Labelling and Consumer Protection Act of 2004 (Public Law 108-282, Title II).*” The VitABDECK allergy information on the label contains information regarding all the relevant allergy information based on this review.

Any allergens not stated on the label (e.g. Gluten, shellfish, dairy and lactose) are considered NOT Present and/or used to produce the product. The manufacturer has classified these allergens as No-UN which unlikely to be present – the absence not analytically verified.

### Uses

Supports immune system and gastrointestinal health. Helps promote healthy growth and development.

### Warnings

- Vitamins can only be of assistance if the dietary vitamin intake is inadequate.
- If you are pregnant, or considering becoming pregnant, do not take Vitamin A supplements without consulting your doctor or pharmacist.
- When taken in excess of 3000 micrograms retinol equivalents, Vitamin A can cause birth defects.
- The recommended daily amount of Vitamin A from all sources is 700 micrograms retinol equivalents for women and 900 micrograms retinol equivalents for men.

### Directions for use

Children (3-10 years): 1 capsule daily.

Adults (10+ years): 2 capsules daily or as directed by your healthcare professional.

Capsules may be opened and sprinkled over food.

### Other information

Store at or below 25°C in a dry place away from direct light.

Do not use if cap seal is missing or broken.

#### Australian Distributor

Mediplast Australia Pty Ltd  
NSW Australia  
Tel 1800 622 492

#### New Zealand Distributor

Pharmaco (NZ) Ltd  
PO Box 4079,  
Auckland  
Tel 0800 804 079