

## MEDICAL INFORMATION

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<b>Products Name</b>	
VitABDECK High Potency Multivitamins plus Zinc CAPSULE AUST L 353561	
<b>Active Ingredients</b>	
VitABDECK has been specifically formulated with water-soluble Vitamins A, D, E & K, as well as vitamins B, C and Zinc.	
Active Ingredient	Quantity per capsule
Ascorbic acid (C)	100 mg
Beta carotene	3 mg
Retinol palmitate <i>Equivalent to Vitamin A retinol equivalents (RE)**</i>	1.39 mg <i>750 micrograms RE</i>
Biotin	100 micrograms
Calcium pantothenate (B3)	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 <i>Equivalent zinc</i>	37.5 mg <i>7.5 mg</i>
** includes vitamin A from Beta carotene and Retinol palmitate	

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<b>Allergy Information and Ingredients of Concern</b>
Contains fish, sulfites, sugars and sodium
<b>Uses</b>
Supports immune system, & gastrointestinal health. Helps promote healthy growth & development.
<b>Warnings</b>
<ul style="list-style-type: none"><li>• When taken in excess of 3000 micrograms retinol equivalents, vitamin A can cause birth defects.</li><li>• The recommended daily amount of vitamin A from all sources is 700 micrograms retinol equivalents for women and 900 micrograms retinol equivalents for men.</li><li>• Vitamins can only be of assistance if the dietary vitamin intake is inadequate. OR Vitamin supplements should not replace a balanced diet.</li><li>• If you are pregnant, or considering becoming pregnant, do not take vitamin A supplements without consulting your doctor or pharmacist.</li></ul>
<b>Directions for use</b>
Children (3-10): 1 capsule daily. Adults (10+years): 2 capsules daily or as directed by your healthcare professional. Capsules may be opened and sprinkled over food.
<b>Other information</b>
Store Below 30°C, in a dry place away from direct sunlight. Do not use if the cap seal is missing or broken. <b>Australian Distributor</b> Mediplast Australia Pty Ltd Sydney Australia Tel 1800 622492 <b>New Zealand Distributor</b> Pharmaco NZ Ltd PO Box 4079, Auckland Tel 0800 804 079