

PATIENT INFORMATION LEAFLET (PIL)

Name of a dietary supplement

Multizan® D3 400, drops, solution

Composition

Multizan® D3 400 drops contain:

- Cholecalciferol
- MCT oil (Medium Chain Triglycerides)
- Orange oil

Each ml of oral solution contains 16 000 IU of cholecalciferol. Each drop contains 400 IU of cholecalciferol.

Multizan® D3 400, drops, solution has a characteristic odor and taste of orange.

Clinical particulars

Vitamin D is required for regulation of calcium and phosphorus metabolism and is therefore important for musculoskeletal health. Vitamin D is needed to keep bones, teeth and muscle healthy. It may be prescribed for certain bone conditions, such as thinning of the bone (osteoporosis) when it will be given with other medicines.

Vitamin D deficiency is associated with a number of different conditions and general health. Conditions include diabetes, coronary heart disease, breast cancer, bowel cancer, Alzheimer's disease and other.

Vitamin D is also a regulator of both the innate and adaptive arms of the immune system.

MCT (medium chain triglycerides) oil in *Multizan D3 400* hydrolyses faster than LCT (long chain triglycerides) oil, such as soy, corn, safflower, sunflower seed, olive and others. MCT absorption does not require bile and lipase.

MCT oil is a natural stabilizer and protects from oxidation. MCT oil has additional advantages for brain functions, endocrine status, energy levels etc.

Therapeutic indications

Multizan® D3 400 drops is recommended for children, adolescents and adults as a source of vitamin D.

Vitamin D in *Multizan® D3 400* drops may help:

- Growth and development of bones and teeth
- Boosting the normal Immune system function

Vitamin D in *Multizan® D3 400* drops is suitable for pregnant and breastfeeding women.

Posology and method of administration

The recommended posology is 400 IU per day

Serving size: 0.025 ml (1 drop)

Amount per serving Vitamin D3: 400 IU

It is advised to take vitamin D preferably with a meal. *Multizan®D3 400* drops could be taken as is or mixed with water, milk or juice to make a drink immediately before being consumed. The parents should ensure that their child takes the entire dose.

Description of side effects

Possible side effects of vitamin D use may include:

- Hypercalcaemia;
- Hypercalciuria;
- Pruritus;
- Rash;
- Urticaria.

If you believe that you are experiencing any adverse reactions, please see your healthcare professional immediately.

Contraindications

Hypersensitivity to the active substance or to any of the excipients.

Special warnings and precautions for use

Dietary supplements do not replace healthful diets.

Do not exceed a recommended daily dose, except when a larger dose is recommended by a doctor.

Allowances should be made for the total dose of vitamin D3 in cases associated with treatments already containing vitamin D3, foods enriched with vitamin D3, cases using milk enriched with vitamin D3, and the patient's level of sun exposure.

If feasible, periodical monitoring of serum 25(OH)D concentration should be done to define optimum dosage and to verify efficacy of supplementation. Please consult a qualified healthcare professional.

Shelf life

2 years in the original package.

Storage conditions

Keep in dry place at a temperature +15-25°C and out of reach of children. Recap tightly.

Packaging

Bottle: Amber glass.

Dropper, plastic cap.

Manufacturer

Lamyra-Pharmacare LLC, office 55, Ozeritsko-Slobodskoy village council, 10 B near Sloboda village, Smolevichi District, Minsk Region, 222215, Belarus

Marketing Authorization Holder

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