



SPARLIV[®] MEN
اسپارلیو

(MULTIVITAMIN/MINERAL SUPPLEMENT)

Read the content of this direction insert carefully before you start using Sparliv, because it contains important information for you.

This product is available without a doctor's prescription, for your use as a food supplement. Nevertheless, you still need to use Sparliv carefully to get the best result from it.

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor or your pharmacist.
- You must contact a doctor, dietician or pharmacist if your symptoms worsen or do not improve.

SUPPLEMENT FACTS

Each tablet contains	Strength	RDA%
Vitamin A	2700IU	90%
Vitamin C	81mg	90%
Vitamin D	400IU	67%
Vitamin E	15mg	100%
Thiamin(B1)	1.08mg	90%
Riboflavin(B2)	1.17mg	90%
Niacin(B3)	14.40mg	90%
Vitamin B6	1.17mg	90%
Folic Acid	360mcg	90%
Vitamin B12	2.16mcg	90%
Biotin	27mcg	90%
Pantothenic acid	4.5mg	90%
Zinc	11mg	100%
Selenium	55mcg	100%
Tribulus Terrestris	100mg	*
Panax Ginseng	25mg	*
Ginkgo Biloba	30mg	*
L-Arginine	500mg	*

*RDA value not established (Novamed Healthcare Specs.)

DESCRIPTION:

Sparliv is a multivitamin & mineral supplement tablet having added advantage of Panax Ginseng, Tribulus terrestris, Ginkgo Biloba & L-arginine. Sparliv is an excellent way to support male health, alertness, energy and vitality throughout the day. Daily fatigue in men's life is associated with a busy, hectic lifestyle, and symptoms may include: lack of energy, decreased mental and physical performance, lethargy and lack of concentration.

USES

Zinc deficiency may contribute to growth retardation, arrested sexual maturation, night blindness (associated with liver cirrhosis), anorexia, impaired taste acuity, diarrhea, acrodermatitis enteropathica, alopecia, dryness & hyperpigmentation of the skin, delayed wound healing, & emotional disturbances. Zinc along with B vitamins supports normal brain function.

Sparliv works by enhancing mental and physical performance through the combined action of Panax Ginseng, Tribulus terrestris, Ginkgo Biloba & L-arginine, vitamins and minerals on the basic metabolic processes.

Vitamins A, C and E combined with the essential minerals Selenium and Zinc for a comprehensive antioxidant formula.

Pantothenic Acid is used for Acne, Testicular torsion, Diabetic ulceration, Wounds, Obesity, Diabetic peripheral polyneuropathy, Hyperlipidemia, Alopecia, Allergy, Burning feet and other conditions. Vitamin D and B6 help support muscle strength.

HOW TO USE

Dosage

One tablet daily.

Overdosage and treatment

Insufficient information.

Administration

To be taken orally with food.

RECOMMENDED DAILY ALLOWANCES (RDAs)

Ingredients	RDA*
Zinc	11mg
Vitamin A	3000 IU
Vitamin C	90mg
Vitamin D	600 IU
Vitamin E	15mg
Vitamin B1	1.2mg
Riboflavin	1.3 mg
Niacin	16mg
Vitamin B6	1.3mg
Folic Acid	400mcg
Vitamin B12	2.4mcg
Biotin	30mcg
Pantothenic Acid	5mg
Selenium	55mcg
Tribulus terrestris	-
Panax Ginseng	-
Ginkgo Biloba	-
L- Arginine	-

* NIH : National Institutes of Health

WARNINGS AND PRECAUTIONS

- Sparliv is safe to use but taking more than recommended amounts may cause health risks.
- For Arginine: It is not recommended for patients following a heart attack.
- For Ginkgo biloba: As the use of Ginkgo may increase the tendency of bleeding, please consult your physician/ pharmacist if you are on or intend to start using any other medicines and before you undergo any surgical/ dental procedure.
- For GINSENG:
 - Contraindicated in pregnant women.
 - Safe use in lactating women and children has not been established.
 - Do not exceed the stated dose.
 - Safety on long term use has not been established

Please consult your pharmacist / doctor before taking this product.

CONTRAINDICATIONS

Hypersensitivity to any ingredient present in the formulation.

UNDESIRABLE EFFECTS

Generally, this preparation is well tolerated. Diarrhea may occasionally occur during treatment with beta carotene and the skin may assume a slightly yellow discoloration. The side effects of vitamin A are reversible. Vitamin C and vitamin E may cause diarrhea and other gastrointestinal disturbances.

INTERACTIONS WITH OTHER MEDICATIONS

- Concomitant administration with nitrates and antihypertensive drugs might increase the chance of dizziness and lightheadedness.
- Monitor blood sugar closely, in case of concomitant administration with insulin and antidiabetic medications.
- Before taking sparliv with other medications, please consult your physician/pharmacist.

PRESENTATION

Sparliv : Bottle of 30 tablets

INSTRUCTIONS

Keep out of the reach of children.

Protect from light, heat and moisture.

Store below 30°C.

For suspected adverse drug reaction, email us at reports@pharmevo.biz

For more information on our products

call PharmAssist helpline 0800-82222

Monday to Friday 9:00 am to 6:00 pm

or email us at : pharmassist@pharmevo.biz

A Product of



Our dream, a healthier society

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Manufactured by:

Novamed Healthcare (Pvt.) Ltd.

28-km Ferozepur Road, Lahore, Pakistan.

DRAP Company Enlistment Number: 0018

DRAP Product Enlistment Number:

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