

SheVit®

All She needs

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Read the content of this direction insert carefully before you start using SheVit, 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 SheVit 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		% RDA
Vitamin A	2000 IU	78%
Vitamin C	50 mg	59%
Vitamin D	400 IU	67%
Vitamin E	30 IU	91%
Vitamin B1	1.7 mg	121%
Vitamin B2	2 mg	143%
Niacin	20 mg	111%
Vitamin B6	2.5 mg	132%
Folic acid	800 mcg	133%
Vitamin B12	8 mcg	308%
Calcium	200 mg	20%
Magnesium	100 mg	29%
Iron	65 mg	241%
Zinc	22.5 mg	205%

(R2H specs.)

DESCRIPTION

SheVit is a multi-vitamin and mineral preparation containing important vitamins and minerals that are necessary for pregnant and lactating women. It is used to overcome vitamin deficiency due to poor diet, certain illnesses, or during pregnancy. Vitamins and minerals help your body grow, develop and stay healthy.

USES

General Wellbeing: Supports General wellbeing, hair growth, healthy skin and promotes good vision.

Blood Formation: Improves hemoglobin levels and helps in blood formation.

Immunity: Helps in improving your body immunity.

Vitality: Supports physical strength and overall vitality.

Pregnancy: Helps in reducing vitamin and mineral deficiency before, during and after pregnancy.

HOW TO USE

Dosage

One tablet daily or as prescribed by the physician.

Over dosage and treatment

Insufficient reliable information.

Administration requirements

To be taken orally.

ROLE OF INGREDIENTS

Vitamin A is important for visual health, immune function and fetal growth and development. It regulates the way in which cells differentiate to form different parts of the eye including the conjunctiva, cornea, photoreceptor rods and cones.

Vitamin C is essential for tissue repair, wound healing, bone growth and repair, and healthy skin. It helps your body fight infections and acts as an antioxidant, protecting cells from damage. It also supports your baby's immune system and helps your baby to absorb iron and build up stores for later use.

Vitamin D plays an important role in immune function, healthy cell division and bone health. It is necessary for the absorption and metabolism of calcium and phosphorus.

Vitamin E works as an antioxidant, contributes to healthy skin and eyes and also plays a role in strengthening immune system. It is also involved in fetal lungs growth.

Vitamin B1 is involved in fetal brain development.

Vitamin B2 is involved in skin formation and eye health.

Niacin prevent birth defects, nausea and improves bowel functions.

Vitamin B6 during pregnancy is important for baby's brain development and immune function. Folic acid prevents NTDs (neural tube defects) like anencephaly (a brain defect) or spina bifida (spinal cord defect) and is essential for red blood cell production and helps prevent forms of anemia.

Vitamin B12 is essential for baby's neural tube formation, brain and spine development. It aids in the development and functioning of brain, nerves and blood cells.

Magnesium helps to maintain normal nerve and muscle function, also supports a healthy

immune system. It reduces the risk of complications like fetal growth restriction and preterm birth.

Iron helps in making hemoglobin and is critical for oxygen transport, healthy growth and development of the fetus and placenta.

Recommended Dietary Allowances (RDAs):

Ingredients	Age groups					
	Pregnancy			Lactation		
	14-18 years	19-30 years	31-50 years	14-18 years	19-30 years	31-50 years
Vitamin A	2500 IU	2567 IU	2567 IU	4000 IU	4333 IU	4333 IU
Vitamin C	80 mg	85 mg	85 mg	115 mg	120 mg	120 mg
Vitamin D	600 IU	600 IU	600 IU	600 IU	600 IU	600 IU
Vitamin E	15 mg	15 mg	15 mg	19 mg	19 mg	19 mg
Vitamin B1	1.4 mg	1.4 mg	1.4 mg	1.4 mg	1.4 mg	1.4 mg
Vitamin B2	1.4 mg	1.4 mg	1.4 mg	1.6 mg	1.6 mg	1.6 mg
Niacin	18 mg NE	18 mg NE	18 mg NE	17 mg NE	17 mg NE	17 mg NE
Vitamin B6	1.9 mg	1.9 mg	1.9 mg	2 mg	2 mg	2 mg
Folic acid	600 mcg DFE	600 mcg DFE	600 mcg DFE	500 mcg DFE	500 mcg DFE	500 mcg DFE
Vitamin B12	2.6 mcg	2.6 mcg	2.6 mcg	2.8 mcg	2.8 mcg	2.8 mcg
Calcium	1300 mg	1000 mg	1000 mg	1300 mg	1000 mg	1000 mg
Magnesium	400 mg	350 mg	360 mg	360 mg	310 mg	320 mg
Iron	27 mg	27 mg	27 mg	10 mg	9 mg	9 mg
Zinc	12 mg	11 mg	11 mg	13 mg	12 mg	12 mg

* NIH: National Institutes of Health

WARNINGS AND PRECAUTIONS:

- Do not take any supplementation in higher-than normal doses unless recommended by a health-care provider for a special condition.
- Allergic reactions may appear in case of hypersensitivity to any ingredient present in formulation.
- Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under the age of six (6) years. Keep this product out of reach of children. In case of accidental overdose, call a doctor or refer to healthcare facility immediately.
- Please consult your pharmacist /doctor before taking this product.

PREGNANCY AND LACTATION:

No harmful effects have been documented, for pregnant and breastfeeding women. Contact your physician before use.

CONTRAINDICATIONS

Hypersensitivity to any ingredient present in the formulation.

UNDESIRABLE EFFECTS

The iron in Shevit can cause constipation, nausea and vomiting. You may also have diarrhea, dark stools, low appetite, and stomach upset or cramps. Vitamin B2 (Riboflavin) can cause urine to turn yellow-orange.

INTERACTIONS WITH OTHER MEDICATIONS

- Levothyroxine, tetracycline antibiotics, quinolone antibiotics, Cellulose sodium phosphate, Aminoquinolines, quinidine and quinidine derivatives, nitrofurantoin, Fluorides, bisphosphonates (such as alendronate and risedronate), anticoagulant/antiplatelet drugs, antacids(containing aluminium) should be administered at least two hours before, or four to six hours after, oral intake.
- Concomitant use with retinoid can cause nausea, vomiting and poor muscle coordination.

PRESENTATION

SheVit Bottle of 30 Tablets.

INSTRUCTIONS

Use as advised by the physician.

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

ہدایات:
ڈاکٹر کی ہدایات کے مطابق استعمال کریں۔

بچوں کی پہنچ سے دور رکھیں۔

رجسٹرڈ ڈاکٹر اور فی سے محفوظ 30°C سے کم درجہ حرارت پر رکھیں۔

دوا کے کنٹینر میں اثرات سے متعلق reports@pharmevo.biz

پر مطلع کریں۔

ہماری ادویات کی مزید معلومات کے لئے فارم اسسٹ کی

ہیلپ لائن نمبر 0800-82222 پر کال کریں۔

ہر تہ صبح 9:00 بجے تا شام 6:00 بجے

پہنچیں pharmassist@pharmevo.biz پر ای میل کریں

A Product of



Our dream, a healthier society

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