

8019053-9093

For the use of a Registered Medical Practitioner or a Hospital or a Laboratory

1up One-up_D

MULTIVITAMIN AND MULTIMINERAL DIETARY SUPPLEMENT

Composition :

Each coated tablet contains approximately :

Calcium	162	mg
Phosphorous	109	mg
Magnesium	100	mg
Potassium	80	mg
Chloride	72	mg
Vitamin C	30	mg
Iron	18	mg
Vitamin B ₃ (Nicotinamide)	15	mg
Zinc	15	mg
Vitamin E Acetate	10	IU
Pantothenic Acid	5	mg
Vitamin A (20% as Beta Carotene)	2500	IU
Copper	2	mg
Manganese	2	mg
Silicon	2	mg
Vitamin D ₃ (Cholecalciferol)	200	IU
Vitamin B ₂ (Riboflavin)	1.7	mg
Vitamin B ₆ (Pyridoxine Hydrochloride)	1.5	mg
Vitamin B ₁ (Thiamine Mononitrate)	1	mg
Folic Acid	150	mcg
Iodine	150	mcg
Boron	150	mcg
Chromium	120	mcg
Molybdenum	75	mcg
Biotin	30	mcg
Selenium	20	mcg
Vitamin K ₁ (Phytomenadione)	10	mcg
Tin	10	mcg
Vanadium	10	mcg
Nickel	5	mcg
Vitamin B ₁₂ (Cyanocobalamin)	0.5	mcg

(Appropriate overages of vitamins added)

Ingredients :

Vitamins, Minerals, Mannitol, Crospovidone, Hydroxypropyl Methyl Cellulose, Starch, Magnesium Stearate, Talc, Ethyl Cellulose, Polyethylene Glycol 6000, Carnauba Wax, Bees Wax

CONTAINS PERMITTED NATURAL COLOUR AND ADDED FLAVOURS.

Indications :

One up_D is indicated for the prevention of vitamin and mineral deficiencies associated with restricted diets, improper food intake, alcoholism, and decreased absorption.

Contra-Indications :

Known hypersensitivity to any content in this product or pre-existing hypervitaminosis

Warnings :

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6 years. Keep this product out of reach of children. In case of accidental overdose, consult a doctor immediately.

Taking this product may result in a harmless dark yellow coloration of the urine indicating that the body is using Vitamin B₂ effectively. An increase in daily fluid intake will bring the urine back to normal colour.

Long-term intake of high levels of vitamin A (excluding that sourced from beta-carotene) may increase the risk of osteoporosis in postmenopausal women. Do not take this product if taking other vitamin A supplements.

Dosage And Administration :

The recommended dose of One up_D is one tablet daily or as suggested by the physician.

Expiry Date :

Do not use after the date of expiry

Storage :

Store below 25°C, protected from light and moisture.

Presentation :

Blister pack of 10 tablets



Marketed by :

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