

**One-up Gold<sub>D</sub>**

8034151-9093

**MULTIVITAMIN AND MULTIMINERAL DIETARY SUPPLEMENT****FOOD FOR SPECIAL DIETARY USE (PROPRIETARY FOOD)****Composition :**

Each film coated tablet contains approximately : % w/w

Calcium	162	mg	10.45
Phosphorous	109	mg	7.03
Magnesium	100	mg	6.45
Potassium	80	mg	5.16
Chloride	72	mg	4.64
Vitamin C	50	mg	3.22
Vitamin B <sub>3</sub> (Nicotinamide)	26	mg	1.68
Iron	18	mg	1.16
Zinc	15	mg	0.97
Vitamin E Acetate	10	IU	0.64
Pantothenic Acid	5	mg	0.32
Vitamin A (Vitamin A Acetate)	2000	IU	0.26
Copper	2	mg	0.13
Manganese	2	mg	0.13
Silicon	2	mg	0.13
Vitamin B <sub>1</sub> (Thiamine Mononitrate)	2	mg	0.129
Vitamin B <sub>2</sub> (Riboflavin)	1.7	mg	0.11
Vitamin A (Beta Carotene)	500	IU	0.10
Vitamin B <sub>6</sub> (Pyridoxine Hydrochloride)	1.5	mg	0.097
Folic Acid	300	mcg	0.019
Iodine	150	mcg	0.0097
Boron	150	mcg	0.0097
Chromium	120	mcg	0.0077
Molybdenum	75	mcg	0.0048
Biotin	30	mcg	0.0019
Selenium	20	mcg	0.0013
Vitamin K <sub>1</sub> (Phytomenadione)	10	mcg	0.0006
Tin	10	mcg	0.0006
Vanadium	10	mcg	0.0006
Vitamin D <sub>3</sub> (Cholecalciferol)	200	IU	0.00032
Nickel	5	mcg	0.0003
Vitamin B <sub>12</sub> (Cyanocobalamin)	1	mcg	0.000064

(Appropriate overages of vitamins added)

Per 100 g per serving (per tablet)

	Kcal	2.8414	Kcal
Energy	183.2088		
Carbohydrate	35.2633	g	0.5469 g
Protein	4.8230	g	0.0748 g
Fat	2.5404	g	0.0394 g

**Ingredients :**

Vitamins, Minerals, Mannitol, Crospovidone, Hydroxypropyl Methyl Cellulose, Starch, Magnesium Stearate, Talc, Ethyl Cellulose, Polyethylene Glycol 6000, Carnauba Wax, Beeswax, Colour -150 d, Vanilla Flavour.

**CONTAINS PERMITTED NATURAL COLOUR AND ADDED FLAVOUR.****Uses :**

One-up Gold<sub>D</sub> is indicated for the treatment of vitamin and mineral deficiencies caused by certain stressful health conditions:

- where the intake of vitamin and mineral is suboptimal (e.g. alcoholism, presence of organic disease such as malignancy and immune deficiency syndromes)
- where the absorption of vitamins and minerals is suboptimal (e.g. malabsorption, inflammatory bowel disease and fistulae, short bowel syndrome and Crohn's disease, and where concurrent medication decreases vitamin and mineral absorption).
- convalescence from illness (e.g. where anorexia or cachexia exists and following chemo - or radio-therapy) or surgery (e.g. where nutritional intake continues to be inadequate).
- patients on special or restricted diets (e.g. in renal diets, weight reducing diets, exclusion diets for food intolerance) and as an adjunct in synthetic diets (e.g. in phenylketonuria, galactosaemia and ketogenic diets).

**Contra-Indications :**

- known hypersensitivity to any content in this product
- pre-existing hypervitaminosis
- Hypercalcaemia,
- haemochromatosis and other iron storage disorders.
- Unsuitable for babies

**Warnings and Precautions:**

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. Whilst taking tablets, both protein and energy are also required to provide complete nutrition in the daily diet. No other vitamins, minerals or supplements with or without vitamin A should be taken with this preparation except under medical supervision.

Taking this product may result in a harmless dark yellow coloration of the urine indicating that the body is using Vitamin B<sub>2</sub> 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. Evidence from Randomised Control Trials suggests that high doses (20-30 mg/day) b-carotene intake may increase the risk of lung cancer in current smokers and those previously exposed to asbestos. This high-risk population should consider the potential risks and benefits of One-up Gold<sub>D</sub>, which contain 4.5mg per recommended daily dose, before use. Nausea, stomach upset, or unpleasant taste may occur. If any of these effects persist or worsen, notify the physician.

**Dosage And Administration :**

The recommended dose of One-up Gold<sub>D</sub> is one tablet daily preferably taken one hour after meals or as suggested by the physician. The tablet should be swallowed whole with water. One-up Gold<sub>D</sub> tablets may be administered during pregnancy and lactation at the recommendation of the physician.

**Drug Interactions:**

Folic acid can reduce the plasma concentration of phenytoin. Oral iron and zinc sulphate reduce the absorption of tetracyclines.

**Overdose:**

Treatment is directed to minimise or prevent further absorption of the medication, i.e. by inducing emesis, gastric lavage, administering desferrioxamine solution (2 g/l), mannitol /sorbitol drink to induce small bowel emptying.

For Severe poisoning - in the presence of shock and/or coma with high serum iron levels (>142 µmol/l) immediate supportive measures plus i.v. infusion of desferrioxamine should be instituted. The recommended dose of desferrioxamine is 5 mg/kg/h by slow i.v. infusion up to a maximum of 80 mg/kg/24 hours.

Warning: hypotension may occur if the infusion rate is too rapid.

For Less severe poisoning- i.m. desferrioxamine 50 mg/kg up to a maximum dose of 4 g should be given. Serum iron levels should be monitored throughout and any fluid or electrolyte imbalance should be corrected.

**Best Before**

Do not use after the best before date.

**Storage :**

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

**Presentation :**

One-up Gold<sub>D</sub> is available as blister strip of 10 tablets.

Marketed by :

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