

VITABDECK

vyte-ab-dek

What does it do?

VitABDECK® contains retinol and beta-carotene (vitamin A), thiamine (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), pantothenic acid (vitamin B5), pyridoxine (vitamin B6), biotin (vitamin B7), folic acid (vitamin B9), cyanocobalamin (vitamin B12), ascorbic acid (vitamin C), colexicaliferol (vitamin D), alpha-tocopherol (vitamin E), phytomenadione (vitamin K) and zinc. It is used to increase the amount of these vitamins and minerals in your body.

How should you take it?

Take *VitABDECK*® regularly as directed with a glass of water.

The capsules can be opened and the contents sprinkled onto a small amount of food or drink.

What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *vitABDECK* including:

- other products containing vitamins A, B, C, D, E or K; or zinc (e.g. Clinicians Sunshine Vitamin D3®, Thompson's Vitamin A 10,000®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

VitABDECK is unlikely to cause any side effects. If you notice any symptoms you are concerned about, discuss them with your doctor or pharmacist.

Other information:

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- *VitABDECK* may turn your pee bright yellow – this is common and is nothing to worry about.