Te Whatu Ora
Health New Zealand
Waitaha Canterbury

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), colecalciferol (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.

Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *VitABDECK*® regularly as directed with a glass of water. You can take it with or without food. The capsules can be opened and the contents sprinkled onto a small amount of food or drink.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. 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?

Side Effects	Recommended action
Change in urine colour (bright yellow)	This is nothing to worry about

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- You may need blood tests while taking *VitABDECK* to check your vitamin levels.