

# Multivitamins+Minerals+DHA+EPA

Each Softgel Capsule Contains:

Retinol Palmitate (Vitamin A)	3,000 IU (900 mcg RE)
Cholecalciferol (Vitamin D <sub>3</sub> )	200 IU
dl-Alpha Tocopheryl Acetate (Vitamin E)	30 IU
Thiamine Mononitrate (Vitamin B <sub>1</sub> )	2 mg
Riboflavin (Vitamin B <sub>2</sub> )	2 mg
Pyridoxine Hydrochloride (Vitamin B <sub>6</sub> )	3 mg
Cyanocobalamin (Vitamin B <sub>12</sub> )	3 mcg
Biotin	35 mcg
Niacinamide	20 mg
Calcium Pantothenate	8 mg
Folic Acid	1,000 mcg
Vitamin C	100 mg
Iron, elemental (as Dried Ferrous Sulfate)	30 mg
Calcium (as Calcium Carbonate)	40 mg
Zinc (as Sulfate)	15 mg
Copper (as Dried Cupric Sulfate)	1,000 mcg
Iodine (as Potassium Iodide)	150 mcg
Magnesium (as Sulfate)	5 mg
Manganese (as Sulfate)	1 mg
Natural Fish Oil	500 mg
Omega 3	135 mg
Docosahexaenoic acid (DHA)	105 mg
Eicosapentaenoic acid (EPA)	20 mg

## Obimin<sup>®</sup> Plus softgel Capsule

Pre- and Post Natal Vitamins-Minerals with DHA and EPA

### PRODUCT DESCRIPTION

This pre- and postnatal supplement is a violet, oblong-shaped, softgel capsule.

### WHAT IS IN THE PRODUCT?

This product for pregnant and lactating women has vitamins, minerals and the omega-3 fatty acids, DHA and EPA, to help provide adequate supply of nutrients essential during pregnancy and lactation:

- **Folic acid, vitamins B<sub>6</sub> and B<sub>12</sub>:** Folic acid is necessary for the prevention of neural tube defects (NTDs). NTDs are malformations of the baby's brain and/or spinal cord which can be prevented by adequate folic acid intake particularly during the very early stages of pregnancy.

Folic acid, vitamins B<sub>6</sub> and B<sub>12</sub> are required in the metabolism of homocysteine to prevent its accumulation in the blood. Elevated blood homocysteine or hyperhomocysteinemia is associated with common pregnancy complications such as preeclampsia and adverse pregnancy outcomes such as prematurity and very low birth weight. Hyperhomocysteinemia is also identified as a risk factor in the development of cardiovascular disease.

- **Iron and Iodine:** Iron deficiency anemia (IDA) is one of the most prevalent nutritional problems in the world. Pregnant women are at particularly high risk of iron deficiency because of increased iron needs necessary to replace normal losses, to facilitate growth of the baby in the womb, to cope with the demands of pregnancy, and to replace unusual losses, such as heavy bleeding during delivery. Iron is also required for the proper development of the baby's spinal cord and the white matter of the brain.

Iodine deficiency before and during pregnancy can result in cretinism in infants. There is also evidence that maternal iodine deficiencies that are not severe enough to cause cretinism can cause impaired motor and brain function in children.

Iron, together with iodine, help in the proper mental development and cognition of babies. Iron and Iodine deficiencies are the most common nutritional deficiencies which contribute to preventable brain dysfunction and mental retardation

- **B-Complex Vitamins (Vitamins B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, B<sub>12</sub>, Niacinamide, Calcium Pantothenate, and Biotin):** To help optimize conversion of food into energy that the body can utilize for numerous physiologic processes such as respiration, digestion, blood circulation, and immune system response. B-Complex vitamins are also required for the normal function of the nervous system.

- **Calcium, Vitamin D, Magnesium, Manganese, and Copper:** To help maintain strong bones and teeth and protect against osteoporosis later in life. Calcium builds the baby's teeth and bones which begin in the first trimester of pregnancy and continues through term. Vitamin D increases calcium absorption in the intestine. Magnesium is essential for enzymes needed to incorporate calcium in bones. Manganese acts as a cofactor of various enzymes required for the normal development of the bones. Copper is essential for bone formation and mineralization.

- **Vitamins A,C,E, and Zinc:** To trap harmful free radicals through their protective antioxidant effects and help boost immune function

Antioxidants act as scavengers to detoxify free radicals. Free radicals are highly reactive and unstable chemicals formed in the body during normal physiological and biochemical processes such as respiration, metabolism and immune system response.

Vitamin A is essential in maintaining healthy skin and mucous cells. The skin, being the outermost layer of the body, acts as a protective barrier against infection-causing microorganisms. Vitamin A helps boost immune function by regulating the body's humoral immune response (release of antibodies into the blood) and cellular immune response (direct killing of harmful microorganisms). Vitamin C, a major water-soluble antioxidant, acts as the first defense against free radicals found in the aqueous (water) phase of cells. Vitamin C forms part of the body's natural immune system and stimulates the activity of specialized white blood cells which inhibit harmful bacteria and viruses. Vitamin E on the other hand, a fat-soluble vitamin, is the first defense against free radicals in the lipid (fat) phase of cells. Vitamin E helps protect fatty acids which are structural components of cell membranes and are particularly susceptible to free radical attack. Vitamin E also modulates the synthesis of prostaglandins important for the body's immune response. Zinc, together with vitamin C, is known to improve cell-mediated immunity and to promote tissue repair and wound healing. Zinc functions indirectly as an antioxidant through superoxide dismutases which are enzymes that speed the protective antioxidant reactions.

Vitamin A plays a crucial role in vision as part of the compound rhodopsin in the rod cells of the retina. When vitamin A is inadequate, the lack of rhodopsin makes it difficult to see in dim light.

- **Omega-3 Fatty Acids:** Omega-3 polyunsaturated fatty acids, also known as omega-3 fatty acids, are lipids found in fatty fish such as mackerel, salmon, sardines, and tuna. EPA and DHA, the two most studied omega-3 fatty acids, are nutrients essential for both the mother and the baby during pregnancy and lactation.

Proper maternal nutrition is crucial for the baby's health (in the womb and outside the womb for breastfed infants). Adequate intake of EPA and DHA is important to support the baby's rapid brain and eye development particularly during the third trimester of pregnancy. EPA and DHA supplementation during pregnancy has been associated with a decreased risk of pregnancy complications such as preeclampsia, preterm birth delivery and low birth weight.

Brain growth and development is very rapid during infancy and early childhood. Supplementation of lactating women with DHA, the most abundant omega-3 fatty acid in human milk, may help increase the milk DHA content which is beneficial for the breastfed baby. Adequate DHA in breast milk has been associated with improved cognitive function, visual acuity, and psychomotor development in infants and young children who are breastfed.

EPA and DHA also promote cardiovascular health. These omega-3 fatty acid may help reduce triglycerides in the blood by preventing fat formation and stimulating breakdown of fat into energy in the liver. Consumption of omega-3 fatty acids may also help reduce the risk of coronary heart disease.

### STRENGTH OF THE PRODUCT

Please see formulation.

### WHAT IS THE PRODUCT USED FOR?

A pre- and postnatal supplement to help provide adequate supply of vitamins, minerals and omega-3 fatty acids, DHA and EPA, during pregnancy and lactation.

### HOW MUCH AND HOW OFTEN SHOULD YOU USE THE PRODUCT?

Orally, one softgel capsule daily.  
Or, as directed by a doctor.

### WHEN SHOULD YOU NOT TAKE THIS PRODUCT?

If you are allergic to any component of the product.

### UNDESIRABLE EFFECTS

#### Omega-3 Fatty Acids

- Rare minor side effects that have been reported after consumption of 1 to 3 grams per day of omega-3 fatty acids include mild gastrointestinal upset such as nausea and diarrhea, halitosis (bad breath), eructation (belching) and "fishy" smelling breath, skin and urine.
- Intake of 3 grams per day or greater may cause bleeding and easy bruising.

#### Zinc

- Gastrointestinal side effects such as nausea and vomiting are seen with doses of elemental zinc greater than 30 mg.

#### Iron

- Doses of elemental iron greater than 120 mg per day may cause gastrointestinal side effects such as nausea, vomiting, bloating, and upper abdominal discomfort. Other undesirable effects may include black stools, diarrhea or constipation.

### WHAT OTHER MEDICINE OR FOODS SHOULD BE AVOIDED WHILE TAKING THIS PRODUCT?

The amounts of nutrients in the product are not expected to interact with food or medicines.

### WHAT SHOULD YOU DO IF YOU MISS A DOSE?

If you miss a dose, just take the next dose and the subsequent doses at the usual recommended schedule, i.e., once a day.

Do not double the dose.

### HOW SHOULD YOU KEEP THE PRODUCT?

- Keep the product out of reach and sight of children.
- Store at temperatures not exceeding 30°C
- Protect from light.

### SIGNS AND SYMPTOMS OF OVERDOSAGE

#### Vitamin A

Chronic daily vitamin A intakes in excess of 10,000 IU or weekly intakes in excess of 25,000 IU have resulted in hypervitaminosis A.

Excessive vitamin A intake (more than 10,000 IU daily) is hazardous during the first and second trimesters of pregnancy because of birth defects such as cleft palate, heart abnormalities and brain malformations, e.g., hydrocephalus and microcephaly (baby with a very small head).

#### Iron

Acute iron overdosage (e.g., intake of ≥1,500 mg elemental iron for a 50 kg adult) can be divided into four stages:

Stage I - Occurs up to six hours after ingestion, the principal symptoms are vomiting and diarrhea. Other symptoms include hypotension (low blood pressure), tachycardia (rapid heartbeat) and central nervous system (CNS) depression ranging from lethargy (sleepiness) to coma (state of unconsciousness).

Stage II - May occur 6 to 24 hours after ingestion and is characterized by a temporary remission or signs of overdosage are decreased.

Stage III - Gastrointestinal symptoms recur accompanied by shock, metabolic acidosis (increased acid in the blood), coma, hepatic necrosis (death of liver tissue), jaundice (yellowish color of the skin, eyes and other tissues), hypoglycemia (low blood sugar), kidney failure, and pulmonary edema (fluid in the lungs).

Stage IV - Occurs several weeks after ingestion and is characterized by gastrointestinal obstruction (blockage) and liver damage.

#### Zinc

Rare occurrences of acute zinc poisoning have been reported. The toxicity signs observed after ingestion of high zinc doses (4-8 grams) include nausea, vomiting, diarrhea, fever, metallic taste, and lethargy.

### WHAT TO DO WHEN YOU HAVE USED MORE THAN THE RECOMMENDED DOSAGE

If you have taken more than the recommended dosage, consult a doctor or contact a Poison Control Center right away.

### CARE THAT SHOULD BE TAKEN WHEN TAKING THIS PRODUCT

- Do not take more than the recommended dose.
- Do not use after the expiry date on the label.

### WHEN SHOULD YOU CONSULT YOUR DOCTOR?

- If any undesirable effect occurs.
- Women who are pregnant should have regular prenatal check-up with their doctor.
- If you have a bleeding disorder or if you are taking a blood thinning agent (e.g., warfarin, aspirin and other NSAIDs), consult a doctor before taking this product.

### ADVERSE DRUG REACTION REPORTING STATEMENT

For suspected adverse drug reaction, seek medical attention immediately and report to the FDA at [www.fda.gov](http://www.fda.gov) AND Unilab at (+632) 858-1000 or [productsafety@unilab.com.ph](mailto:productsafety@unilab.com.ph). By reporting undesirable effects, you can help provide more information on the safety of this medicine.

### AVAILABILITY:

Obimin<sup>®</sup> Plus Softgel Capsules Box of 30's ( in flex foil )  
Obimin<sup>®</sup> Plus Softgel Capsules Box of 100's ( in flex foil )

Manufactured by:

**P.T. Darya-Varia Laboratoria, Tbk**  
Jl. Mercedes Benz No. 105  
Desa Cicadas, Gunung Putri  
Citerup, Bogor, Indonesia

Imported and Distributed by:

**UNILAB, Inc.**  
No. 66 United Street, Mandaluyong City  
Metro Manila, Philippines



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