

UNILAB

# MULTIVITAMINS

## MINERALS + AMINO ACIDS

# revicon®

Film-Coated Tablet  
Vitamins / Minerals

### FORMULATION:

Each Film-Coated Tablet contains:

Retinol Acetate (Vitamin A) .....	1,500 IU
dL-Alpha-Tocopheryl Acetate (Vitamin E) .....	5 IU
Thiamine Mononitrate (Vitamin B <sub>1</sub> ) .....	5 mg
Riboflavin (Vitamin B <sub>2</sub> ) .....	3 mg
Pyridoxine Hydrochloride (Vitamin B <sub>6</sub> ) .....	1.5 mg
Cyanocobalamin (Vitamin B <sub>12</sub> ) .....	5 mcg
Niacinamide .....	20 mg
Calcium Pantothenate .....	10 mg
Dibasic Calcium Phosphate .....	100 mg
Copper (as Copper Gluconate) .....	1 mg
Iron (as Iron Carbonyl) .....	10 mg
Manganese (as Manganese Gluconate) .....	1.31 mg
Methionine .....	5 mg
Lysine (as Lysine Hydrochloride) .....	2.5 mg
Debittered Brewer's Yeast .....	25 mg

### PRODUCT DESCRIPTION

This product is an orange, capsule-shaped (modified oval), film-coated tablet, concave plain on both sides.

### WHAT IS IN THE MEDICINE?

This product provides essential vitamins, minerals and amino acids for general good health, to promote physical strength & vigor and help improve stamina during strenuous physical activity. It contains B-complex vitamins (vitamins B1, B2, B6, B12, niacinamide, and calcium pantothenate) to help optimize conversion of food into energy for numerous physiologic processes such as respiration, digestion, heart function and blood circulation, and immune response, and iron, a cofactor of enzymes such as cytochromes which are heme-containing compounds involved in energy production to help maintain physical performance and response to stress. Iron together with vitamins B6, B12, and copper prevent anemia. When anemia is prevented, this leads to increased mental and physical performance and increased work capacity. It also contains Vitamin A to help maintain normal vision. It also contains calcium and manganese to promote healthy bones. Calcium also helps regulate muscle contraction and nerve impulses to help maintain mental performance and coping with stress.

It has the essential amino acids, methionine and lysine which are vital in muscle tissue building and debittered brewer's yeast which is a delivery form of the B vitamins and other nutrients.

### WHAT IS THE MEDICINE USED FOR?

As a nutritional supplement, for adults 19 years old and above, to provide the essential vitamins, minerals and amino acids for general good health, to help promote physical vigor and help improve stamina during physical activity.

### HOW MUCH AND HOW OFTEN SHOULD YOU USE THIS MEDICINE?

Orally, one tablet once a day.  
Or, as directed by a doctor.

### WHEN SHOULD YOU NOT TAKE THIS MEDICINE?

- If you are allergic to any ingredient in the product
- Vitamin A is contraindicated in patients who have hypervitaminosis A.
- Iron supplement should be avoided in conditions associated with iron overload (e.g., hemochromatosis, hemosiderosis, thalassemia).
- Brewer's yeast is contraindicated in those taking monoamine oxidase (MAO) inhibitors.

### UNDESIRABLE EFFECTS

The amount of nutrients in this product is relatively nontoxic and is usually well tolerated. However, undesirable effects may occur, particularly when the nutrients are used at high doses (e.g., concomitant use of other multivitamin-mineral supplements), see also **SIGNS AND SYMPTOMS OF OVERDOSAGE**.

#### *Vitamin A*

**Skin and subcutaneous tissue disorders:** Dermatitis, photosensitivity reactions

#### *Vitamin B2*

**Renal and urinary disorders:** Yellow-orange discoloration to urine

#### *Iron*

**Metabolism and nutrition disorders:** Anorexia

**Nervous system disorders:** Metallic taste

**Gastrointestinal disorders:** Black/dark stools, bloating, constipation (may lead to fecal impaction particularly in the elderly), diarrhea, epigastric pain/discomfort, exacerbation of diarrhea (in patients with inflammatory bowel disease), flatulence, gastrointestinal irritation, heartburn, nausea, stomach discomfort, vomiting

**Injury, poisoning and procedural complications:** Long-term administration of large amounts of iron may cause hemosiderosis clinically resembling hemochromatosis, which is a genetic condition characterized by excessive iron absorption, excess tissue iron stores, and potential tissue injury.

#### *Brewer's Yeast*

**Immune system disorders:** Allergic reactions (occasional)

**Nervous system disorders:** Migraine headaches (in sensitive individuals)

**Gastrointestinal disorders:** Flatulence, stomach discomfort

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

Interactions may exist, particularly when high doses of the nutrients are used with the following medications:

**Niacinamide**

**Carbamazepine:** May decrease carbamazepine clearance

**Iron**

**Cefdinir; bisphosphonates; carbidopa/levodopa; entacapone; fluoroquinolones; levodopa; levothyroxine; methyldopa; mycophenolate mofetil; penicillamine; and tetracyclines:** Iron may reduce the absorption of these drugs.

**Brewer's Yeast**

**MAO inhibitors** (including phenelzine, tranylcypromine sulfate and pargyline hydrochloride): May cause hypertension

**Tell your doctor about other medicines you are taking including supplements and herbal products.**

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

If you miss the dose for the day, just take the next dose and the subsequent doses at the usual recommended schedule, i.e., once a day. Do not double the dose unless recommended by a doctor.

### HOW SHOULD YOU KEEP THIS MEDICINE?

- Since accidental overdosage of iron-containing preparations is a leading cause of fatal poisoning in children younger than 6 years old, it is advisable to **keep this product out of sight and reach of children**
- Store at temperatures not exceeding 30°C.

### 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. Early signs of hypervitaminosis A include fatigue, lethargy (lack of energy), irritability, malaise/depression, loss of appetite, abdominal pain/discomfort, nausea and vomiting, mild fever, and excessive sweating. Treatment of hypervitaminosis A consists of discontinuance of Vitamin A and supportive therapy as indicated.

High doses of Vitamin A can also cause blurred vision, dizziness, drowsiness, headache, insomnia, irritability, lack of muscle coordination, osteoporosis, osteosclerosis, and seizures.

**Iron**

Acute iron overdosage (e.g., intake of  $\geq 1,500$  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, tachycardia (rapid heartbeat) and central nervous system 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 - GI 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 GI obstruction (blockage) and liver damage.

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

If you have taken more than the recommended dosage, consult a doctor or contact a poison control center immediately.

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

- Iron supplement should be used with extreme caution in those with chronic liver failure, alcoholic cirrhosis, chronic alcoholism, and pancreatic insufficiency.
- Iron should be used cautiously in those with a history of gastritis, peptic ulcer, and GI bleeding.
- Individuals with an active or suspected infection should generally avoid iron supplements.
- A moderate increase in iron stores has been associated with an increased risk of ischemic heart disease and cancer.
- Do not take more than the recommended dose. If you are taking other supplements, read the label, since those supplements may contain the same ingredients as this product.
- Do not use after the expiry date on the label.

### WHEN SHOULD YOU CONSULT YOUR DOCTOR?

- If any undesirable effect occurs
- If you are breastfeeding, consult a doctor before using this product.

Vitamin A is excreted in human breast milk; doses above 5,000 IU are contraindicated in breastfeeding.

For suspected adverse drug reaction, seek medical attention immediately and report to the FDA at [www.fda.gov.ph](http://www.fda.gov.ph)

AND Unilab at +632-8-UNILAB-1 (+632-8-864522-1) for Metro Manila or toll-free +1-800-10-UNILAB-1 for provinces, or e-mail [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

Flex Foil Strip x 4's (Box of 100's, 32's and 8's)

Flex Foil Strip x 6's (Box of 30's)

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