

The medicine is marketed as an over-the-counter medicine.

## Prenatal

Tablets

### Composition:

Each tablet contains

Beta-Carotene (a source of Vitamin A)	1500	IU
Vitamin A (Acetate)	1500	IU
Vitamin E (Acetate)	30	IU
Vitamin C (Ascorbic Acid)	100	mg
Folic Acid	1	mg
Vitamin B1(Thiamine Mononitrate)	3	mg
Vitamin B2 (Riboflavin)	3.4	mg
Niacinamide	20	mg
Vitamin B6 (Pyridoxine Hydrochloride)	10	mg
Vitamin B12 (Cyanocobalamin)	12	mcg
Vitamin D3 (Cholecalciferol)	250	IU
Biotin	30	mcg
Pantothenic Acid (Calcium Pantothenate)	10	mg
Calcium (Calcium Carbonate)	250	mg
Magnesium (Magnesium Oxide)	50	mg
Iodine (Potassium Iodide)	150	mcg
Iron (Ferrous Fumarate)	60	mg
Copper	2	mg
Zinc (Zinc Oxide)	25	mg
Chromium (Chromium Chloride)	25	mcg
Manganese (Manganese Sulfate)	5	mg
Molybdenum (Sodium Molybdate)	25	mcg
Selenium (Sodium Selenate)	25	mcg

**For a list of the preparation's excipients, see Section 6 – "Additional Information"**

**Read all of this leaflet carefully before you start taking this medicine.** This leaflet contains concise information about the medicine.

If you have any further questions, ask your doctor or pharmacist.

**The medicine is not intended for children under the age of 6 years,**

You must use/take the preparation per the instructions in the Dosing section of this leaflet. Consult the pharmacist if you require further information.

**1. What is the medicine designed for?**

A vitamin and mineral supplement for pregnant and breastfeeding women.

**Therapeutic group:**

Multi-vitamin, multi-mineral.

**2. Before using the medicine**

**Do not use this medicine if:**

- You have a known sensitivity to one of the ingredients of the medicine
- You suffer from other anemia conditions not accompanied by iron deficit, such as: hemolytic anemia.
- You suffer from a circulatory system dysfunction.
- You are currently receiving, or previously received, recurrent blood transfusions
- You suffer from a gastrointestinal dysfunction such as a peptic ulcer, colitis.

**Special warnings regarding the use of this medicine**

Do not use this medicine frequently or for a prolonged period of time without consulting a doctor.

Blood tests must be conducted during the period of treatment with this medicine.

If you have any sensitivity to any foods or medicines, and to iron and folic acid in particular, you must inform the doctor of this prior to taking the medicine.

**Do not use the medicine without consulting a doctor before starting the treatment if:**

- You are currently being treated for, or were previously treated for, a peptic ulcer
- You suffer from a folate-dependent tumor
- You underwent a complete or partial gastrectomy
- You have high levels of calcium, Vitamin A or D, or suffer from iron absorption and utilization deficits.

**If you are currently taking or have recently taken other medicines, including over-the-counter medicines and nutritional supplements, tell your doctor or pharmacist.** In particular, you must inform your doctor or pharmacist if you are taking

- Antibiotic preparations
- Anticonvulsants (for epilepsy)
- Antacids
- Penicillamine (rheumatic arthritis, intestinal diseases).
- Cholestyramine (for reduction of cholesterol levels, diarrhea)
- Levodopa, Carbidopa (for Parkinson's disease)
- Thyroxine (for thyroid disorders)
- Bisphosphonates (for bone diseases)
- Aminopterin, Methotrexate (for the treatment of various types of cancer)
- Pyrimethamine (for malaria)
- Trientine (for Wilson's disease)
- Methyldopa (for hypertension)
- Zinc

**Use of Prenatal and food**

Do not take this medicine with tea, coffee, milk or eggs, to avoid compromising absorption of the iron.

**3. How to use Prenatal?**

You must check with your doctor or pharmacist if you are uncertain about the dosage and manner of treatment with the preparation.

**The standard dosage is typically:**

**For adults:** One tablet per day. **Do not exceed the recommended dose.**

Take the medicine with a glass of water. Take the medicine during or following a meal.

There is no information about crushing/cutting in half/chewing.

**If you accidentally took a higher dose** or if a child accidentally swallowed the medicine, contact your doctor or refer to a hospital emergency medicine department immediately and bring the medicine packaging with you.

Do not induce vomiting without express instruction from your doctor.

If you forgot to take the medicine at the appointed time, do not take a double dose. Take the next dose at the regular time and consult a doctor.

How can you aid in the success of the treatment?

Do not take medicines in the dark! Check the label and the dose each time you take a medicine. Wear glasses if you need them. If you have any further questions regarding the use of the medicine, consult a doctor or a pharmacist.

#### **4. Side effects**

As with any medicine, Prenatal use can cause adverse effects in some users. Do not be alarmed as you read the list of side effects. You may not experience any of them.

In addition to the desired action of the medicine, side effects may occur during its use, such as: abdominal pain, constipation, diarrhea, nausea and vomiting, loss of appetite.

#### **Discontinue use and contact your doctor immediately**

If you suffer an allergic reaction including the following symptoms: difficulties breathing, swelling of the eyelids, face or lips, rash and itching; or if you suffer from severe abdominal pain.

If you experience side effects not listed in this leaflet, or if your general condition changes, consult your doctor immediately.

#### **Reporting side effects**

Side effects can be reported to the Ministry of Health by clicking the link "Report of side effects due to pharmacological treatment" on the home page of the Ministry of Health website ([www.health.gov.il](http://www.health.gov.il)), which redirects to the online form for reporting side effects.

#### **5. How to store the medicine?**

Prevent poisoning! This medicine and any other medicine must be kept in a closed place, out of the reach of children and/or infants, thus preventing poisoning.

Do not use the medicine after the expiry date (Exp. Date) marked on the packaging. The expiry date refers to the last day of that month.

#### **Storage conditions:**

Close tightly and prevent the entry of air and moisture. Take the tablet with dry hands.

Store in a dry place, at a temperature between 15°C and 30°C

Store in the original packaging to protect from light.

#### **6. Additional information**

In addition to the active substances, the medicine also includes inactive ingredients (excipients):

Calcium carbonate, Microcrystalline cellulose, Croscarmellose sodium, Sodium lauryl sulfate, Stearic acid, Magnesium stearate, opadry pink, , aquacout ecd-30, Polyethylene glycol, Dibutyl sebacate, Opadry YS-1-7006, Polysorbate 80, .

What does the medicine look like and what are the contents of the packaging:

A pink oval tablet.

Registration holder: Manon Ltd., P.O.B. 39005, Tel Aviv.

Manufacturer: Vita Health Products, Winnipeg, Canada.

This leaflet was prepared on March 24 in accordance with Ministry of Health instructions.

The registration number for the medicine in the National Drug Registry of the Ministry of Health: 129 27 29977

For simplicity and ease of reading, this leaflet was phrased in the feminine form. Regardless, the medicine is intended for both sexes.