



High Potency 32 Multivitamin-Multimineral
A to Z

PRESENTATION:

VM Gold™ Tablet: Each film coated tablet contains Vitamin A 5000 IU, Vitamin C 60 mg, Vitamin D 400 IU, Vitamin E 30 IU, Vitamin K 25 mcg, Thiamine 1.5 mg, Riboflavin 1.7 mg, Niacin 20 mg, Vitamin B₆ 2 mg, Folic Acid 400 mcg, Vitamin B₁₂ 6 mcg, Biotin 30 mcg, Pantothenic Acid 10 mg, Calcium 162 mg, Iron 18 mg, Phosphorous 109 mg, Iodine 150 mcg, Magnesium 100 mg, Zinc 15 mg, Selenium 20 mcg, Copper 2 mg, Manganese 2 mg, Chromium 120 mcg, Molybdenum 75 mcg, Chloride 72 mg, Potassium 80 mg, Boron 150 mcg, Nickel 5 mcg, Silicon 2 mg, Tin 10 mcg, Vanadium 10 mcg and Lutein 250 mcg.

INDICATION:

VM Gold™ tablet is indicated for the prevention and treatment of vitamins and minerals deficiencies. As a complete daily nutritional supplement, **VM Gold™** tablet is also indicated to meet the increased demands for vitamins and minerals.

DOSAGE AND ADMINISTRATION:

One tablet daily with food. Not formulated for use in children.

CONTRAINDICATION AND PRECAUTION:

This product is contraindicated in patients with known hypersensitivity to any of the ingredients. Long term intake of high levels of Vitamin A (excluding that sourced from beta caroteine) may increase the risk of Osteoporosis in postmenopausal women.

SIDE EFFECT:

Generally, this preparation is well tolerated. Diarrhea may occasionally occur during treatment with beta caroteine and the skin may assume a slightly yellow discoloration. The side effects of Vitamin A are reversible. Vitamin C and Vitamin E may cause diarrhea and other gastrointestinal disturbances.

DRUG INTERACTION:

No drug interactions have been reported.

USE IN PREGNANCY AND LACTATION:

Recommended by the consultation with physicians.

STORAGE:

Store in a cool and dry place, protect from light and moisture, keep out of reach of children.

PACKING:

VM Gold™ Tablet: Each box contains 5 x 10 tablets in blister pack.

Manufactured by:

Organic Health Care Ltd.
Gazipur, Bangladesh.

