

GRAVI-TAB

(Complete Care before, during and after pregnancy)

Composition

Each Film Coated Tablet contain:

Folic Acid	400 mcg
Omega 3	100 mg
Vitamin D3	400 I.U.
Vitamin E.....	10 mg
Zinc	12.5 mg
Calcium	125 mg
L Arginine	100 mg
Myo inositol.....	500 mg
Vitamin B12.....	2 mcg
Vitamin B1.....	5 mg
Ferrous sulphate	14 mg
L carnitine	100 mg

Appropriate average is added to compensate the loss on storage.

Description: Red coloured oblong shaped 1m coated tablet

Presentation: 3 X 10 Tablets

Indications

Nutritional Supplement help in pregnancy (support during all the stages of pregnancy)

Multivitamins and Minerals for pregnancy conception, during pregnancy and breast feeding support.

- Pregnancy conception
- During pregnancy helps in tissue, bone and nerve growth (mum & baby)
- Support in development of maternal folate.
- Support in brain & eye development (fetus).
- Support in blood transfusion.
- Immunity support.

- Avoid different types of type of birth defect that may cause because of vitamin/minerals deficiencies,
- Lower the risk of preeclampsia.
- Increase birth weight.

Pharmacology & Use

Folic Acid:

Folic Acid is a type of B vitamin. Folic acid helps your body produce and maintain new cells, and also helps prevent changes to DNA that may lead to cancer. As a medication, folic acid is used to treat folic acid deficiency and certain types of anemia (lack of red blood cells) caused by folic acid deficiency. Red blood cell production is based on folic acid. Folic acid helps in tissue growth and development of fetus.

Omega 3:

Omega-3 fatty acids have positive effects on the pregnancy itself. Increased intake of EPA and DHA has shown to prevent pre-term labor and delivery, lower the risk of preeclampsia, and may increase birth weight. Omega-3 deficiency also increases the mother's risk of depression.

Vitamin D3:

Vitamin D3 (Cholecalciferol- D3) is a fat soluble vitamin that helps your body absorb calcium. Having the right amount of vitamin D3 and calcium is important for building and keeping strong bones. Vitamin D3 is used to treat and prevent bone disorders. Vitamin D3 support strong bone formation.

Vitamin E:

Vitamin E is a fat soluble vitamin important for many processes in the body. Vitamin E is used to treat or prevent vitamin E deficiency. Vitamin E supplementation during pregnancy reduced the risk of placental abruption. Vitamin E useful for lactating mother to reach daily intake of this vitamin.

Zinc:

Zinc, multi-micronutrient supplement, a mineral plays an essential role in the construction of your baby's cells and DNA during pregnancy. It is needed for cell division and tissue growth, supporting normal development as your baby grows.

Calcium:

Study shows that calcium supplements help prevent pre-eclampsia and preterm birth and lower the risk of a woman dying or having serious problems related to high blood pressure in pregnancy. Calcium is vital minerals for bones, gums and teeth.

L-arginine:

L-arginine promotes intrauterine growth of the fetus by increasing bioavailability of endothelial nitric oxide (NO) production and improving the umbilical artery flow in pregnant women with pregnancy-induced hypertension and fetal growth restriction.

Myo inositol:

The potential beneficial effect on improving insulin sensitivity suggests that myo-inositol may be useful for women in preventing gestational diabetes. To assess if antenatal dietary supplementation with myo- inositol is safe and effective, for the mother and fetus, in preventing gestational diabetes.

Vitamin B12: (Cobalamin)

Vitamin B12 is important for maintaining the health of your nervous system, but it's also believed that when combined with folic acid during pregnancy, B12 supplements can help to prevent spina bifida and other spinal and central nervous system birth defects in your baby.

Vitamin B1(Thiamin):

Thiamin enables mum & baby – to convert carbohydrates into energy. It also helps your nervous system, muscles and heart function normally and is essential for your baby's brain development.

Vitamin B2 (Riboflavin):

Riboflavin is an essential vitamin that helps your body produce energy. It promotes your baby's growth, good vision, and healthy skin. Together with folic acid it prevents spina bifida and other Riboflavin is also essential for your baby's bone, muscle and nerve development.

Ferrous (Iron):

Iron to make extra blood (hemoglobin) for mum & baby during pregnancy. Iron also helps move oxygen from your lungs to the rest of your body and to your baby's. Getting enough iron can prevent a condition of too few red blood cells that can make you feel tired, called iron deficiency anemia.

L-carnitine:

Daily supplements of L- carnitine during pregnancy may reverse the decline in the nutrients level that occurs naturally during pregnancy. Levels of carnitine have already been shown to decrease during pregnancy, while the reason is unknown.

Classification

Multivitamins & Minerals with folic acid.

Dosage and Administration (Direction for use)

As a dietary supplement 1-2 tablets daily or as recommended by doctor.

Drug Interactions:

Hypersensitivity to any ingredients.

Adverse Reaction

Adverse reaction may occur due to ingredient/s in the products such as skin rashes, allergic reaction, GI disturbance e.g. nausea, vomiting, diarrhea.

Storage

Storage in a cool, dry & dark place below 30°C. Keep out of reach of children.

Exported by

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