

Duovit® / Duovit®

Dosage form: tablets

**1 red tablet contains:**

Retinyl palmitate (vitamin A)	5000 IU
Cholecalciferol (vitamin D ₃)	200 IU
Ascorbic acid (vitamin C)	60 mg
Thiamine nitrate (vitamin B ₁)	1 mg
Riboflavin (vitamin B ₂)	1.2 mg
Pyridoxine hydrochloride (vitamin B ₆)	2 mg
Tsianokobolamin (vitamin B ₁₂)	3 mcg
Nicotinamide	
Folic acid	0.4 mg
Calcium pantothenate	5 mg
α-tocopheryl acetate (vitamin E)	10 mg

1 blue tablet contains:

Calcium phosphate anhydrous (Ca ²⁺)	15 mg
Calcium phosphate anhydrous (P ³⁺)	12 mg
Iron fumarate (Fe ²⁺)	10 mg
Copper sulfate pentahydrate (Cu ²⁺)	1 mg
Zinc sulfate (Zn ⁺)	3 mg
Magnesium lactate (Mg ⁺)	20 mg
Magnesium hydrogen sulfate (Mg ⁺)	1 mg
Potassium degidromolibdat (Mb ⁺)	0.1 mg

Duovit - combination drug containing a range of 11 vitamins and minerals, are important factors in metabolic processes.

For better absorption of vitamin-mineral complex and conservation of the main components of the activity, vitamins and minerals are divided into different colored pills. Vitamins are contained in the red pills, minerals - the blue pills.

Vitamin A is involved in the synthesis of various substances (proteins,

mucopolysaccharides) and ensures the normal function of the skin, membranes, as well as the organ of vision.

Vitamin D3 plays an important role in maintaining the balance of calcium and phosphorus in the body. With its lack of stagnant tissues decrease calcium (osteoporosis).

Vitamin B1 normalizes the activity of the heart and promotes normal functioning of the nervous system.

Vitamin B2 promotes the process of regeneration of tissues, including cells.

Vitamin B6 helps maintain the structure and function of bones, teeth, and has an effect on erythropoiesis, promotes normal functioning of the nervous system.

Vitamin B12 is involved in erythropoiesis, promotes normal functioning of the nervous system. B vitamins are involved in the formation of various enzymes that regulate the different types of metabolism in the body.

Folic acid stimulates erythropoiesis.

Vitamin E is a natural antioxidant. It prevents blood clotting and increases beneficial effect on peripheral circulation. Involved in the synthesis of proteins and hemoglobin, in the process of cell growth, the function of skeletal muscles, heart and blood vessels, gonads.

Vitamin C is involved in the oxidation of biologically active substances, regulation of metabolism in the connective tissue, carbohydrate metabolism, blood coagulation and tissue regeneration, stimulates the production of steroid hormones, normalizes the permeability of the capillaries. Vitamin C increases resistance to infections and reduces the inflammatory response.

Calcium is involved in bone formation, blood clotting, transmission of nerve impulses, the reduction of skeletal and smooth muscle, normal heart function. It also promotes iron absorption.

Magnesium is involved in the formation of muscle and bone tissue and is involved in protein synthesis.

Iron is part of the hemoglobin molecule, is involved in the transport of oxygen in the body and prevents the development of anemia.

Phosphorus, along with calcium, is involved in the formation of bones, teeth, and is also involved in the processes of energy metabolism.

Manganese promotes bone mineralization.

Copper is necessary for normal function of red blood cells and iron metabolism.

Zinc is essential for tissue regeneration, is a member of several hormones including insulin.

Indications for Use

As a preventive measure when conditions involving increased needs for vitamins and minerals:

increased physical and neuro-psychological stress;

in sports (including recreational classes and gymnastics);

poor digestion (the elderly, smokers, people who use excessive amounts of alcohol);

irregular and monotonous diet (dry rations, food service establishments);

reduced diet (weight loss, diabetes, etc.);

pregnancy and lactation;

insufficient amount of fresh fruits and vegetables in the diet;

increased loss of minerals (vomiting, diarrhea, profuse menstrual sweating);

during convalescence after illness, to increase the body's resistance to infection and colds. The comprehensive treatment of the application of chemotherapeutic agents.

Contraindications

Hypersensitivity to the drug.

Caution.

Possible staining of urine yellow - is completely harmless and due to the presence of riboflavin in the product.

Do not take Duovit in conjunction with other products containing vitamins and minerals.

Diabetics can take pills Duovit, but they should bear in mind that each tablet contains about 0.8 grams of sugar. Dragees contain dyes and E124 E129 which can cause allergic reactions, including bronchospasm. More often allergic reactions have been reported in individuals with hypersensitivity to acetylsalicylic acid.

Dosage and administration

It is recommended to take after lunch. Adults and children older than 12 years: 1 tablet of red and blue pills a day. Sugar Plum should be swallowed whole with some water. The course of the drug 20 days. The course of the drug may be repeated after an interval (1-3 months), or on doctor's advice.

Side effect

Allergic reactions are possible. Do not exceed recommended daily dose. Random taking high doses seek medical advice immediately.

Interaction with other drugs

The product contains iron and calcium, and thus delays the intestinal absorption of tetracycline antibiotics and antimicrobial agents - derivatives of fluoroquinolones. Vitamin C enhances the effect and side effects of antimicrobial agents in the group of sulfonamides (including the appearance of crystals in the urine). Antacids containing aluminum, magnesium, calcium and holeramin reduce iron absorption. When concomitant administration of diuretics thiazides increases the likelihood of hypercalcemia.

Product type

40 drops. There are 10 tablets in blister pack (5 in 1 blister tablets with vitamins - red and 5 drops of minerals - blue), and 4 blisters in a carton.

Expiration date

3 years

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