

# LINDAVIT ANTIOXI

## Instructions for the medicinal product

**Trade name:** Lindavit Antioxi.

**International Nonproprietary Name:** Beta Carotene + Zinc + Selenium + Manganese + Copper.

**Dosage form:** Soft gelatin capsules.

**Composition:** Each soft gelatin capsule contains:

Beta Carotene USP equivalent

to Beta Carotene 30% Dispersion 10 mg;

Zinc Sulfate Monohydrate BP 27.5 mg;

Selenium Dioxide 70 mcg;

Manganese (As Manganese Sulfate USP) 2 mg;

Copper (As Anhydrous Copper Sulfate BP) 1 mg;

Excipients q.s.

Approved Colours used in capsule shell

**Pharmacotherapeutic group:** Multivitamins and other minerals including combinations.

**ATC Classification:** A11AA03.

**Pharmacologic property:**

**Pharmacodynamics:**

Lindavit Antioxi capsules are a multivitamin and mineral supplement.

The human body requires a wide variety of vitamins, minerals and trace elements to perform crucial daily tasks such as releasing energy from food and repairing cell damage. During certain illnesses, body either cannot get or cannot efficiently use all of the vitamins, minerals and trace elements it needs.

Lindavit Antioxi Capsule improves the patient's condition by performing the following functions on the body:

Inhibiting the herpes simplex virus growth.

Neutralizing the free radicals such as reactive oxygen and nitrogen species and also participates in vital redox reactions of the body.

Facilitating the synthesis of proteins and DNA in the cartilage.

Performing several biological transformations.

Each capsule of Lindavit Antioxi plays a vital role in the efficient daily maintenance of many body processes:

*Beta-carotene* is a provitamin of vitamin A which is responsible for improving vision, proper functioning of the skin, development and functioning of the layer of skin known as epithelium. Beta-carotene is a very powerful antioxidant which kills the free radicals and reduce the oxidative stress, which may damage the structure of cell membrane and cause uncontrolled cell division. Beta-carotene accumulated in the skin protects it by absorbing sun radiation.

Selenium helps to protect the cells and lipids from free radical damage.

*Manganese* helps the body to utilise calcium and potassium and maintain the structure of cells.

*Zinc* is required for growth and cell function, bone metabolism, taste, insulin production and the body's immune system which fights infection.

*Copper* is required for growth and forms part of enzymes involved in blood and bone formation.

**Pharmacokinetics:**

No pharmacokinetic data available.

**Indications for use:**

Lindavit Antioxi used in the treatment, control, prevention, and improvement of the following diseases, conditions and symptoms:

- x Aids;
- x Carbohydrate metabolism;
- x Copper deficiency;
- x For eye and ear wash;
- x Hiv;
- x Selenium Deficiency (Keshan disease);
- x Low hemoglobin level;
- x Low number of blood cells;
- x Osteoarthritis;
- x Rapid reversion to normal heart rate;
- x Reproductive function;
- x Skeletal and cartilage development;
- x Skin infection.

**Contraindications:**

- x Hypersensitivity to the composition or to any of the excipients of product;
- x Children aged under 12;
- x Smokers.

**Pregnancy and Nursing Mother:**

Potential benefits may warrant use of the drug in pregnant women despite potential risks.

In lactation should be given only if the potential benefit justifies the potential risk to the infant.

**Dosage and directions for use:**

Adults and Elderly: One capsule per day or as prescribed by the doctor.

The capsules should be swallowed whole with a glass of water.

**Side-effects:**

May cause allergic reactions (such as rash), and problems related to your stomach and intestines (such as feeling or being sick and stomach pains).

**Overdose:**

Overdose can lead to side effects and toxicity.

*Treatment:* There is no specific antidote; Should be treated symptomatically.

**Drug interactions:**

Due to the presence of zinc, chelation with tetracyclines may occur. This decreases the absorption tetracyclines.

Concurrent use of penicillamine may reduce the absorption of zinc.

Smokers consuming alcohol and beta-carotene are at an increased risk for pulmonary cancer and possibly cardiovascular complications

**Cautions:**

Beta carotene use has been associated in RCTs with an increased risk of lung cancer incidence and mortality in smokers Isotretinoin has dose-related skin toxicity COX2 inhibitors such as celecoxib have been associated with cardiac toxicity in RCTs for the prevention of colorectal cancer.

This medicine contains Ponceau 4R (E124), which may cause allergic reactions.

Lindavit Antioxi capsules contain soya bean oil. If you are allergic to peanut or soya, do not take this medicinal product.

If you forget to take a dose, take it as soon as possible, unless it is almost time to take the next dose (within 1-2 hours). Do not take a double dose. Then go on as before.

**Avoid Alcohol.**

**Effects on ability to drive and use machines:**

No studies on the effects on the ability to drive and use machines.

**Presentation:**

3x10 PVC Blister in a moncarton, with instruction for use.

**Storage:**

Keep in dry place, protected from light at a temperature below 30°C. Keep out of reach of children.

**Shelf life:**

Labeled. Do not use after expiry date.

**Distribution Condition:**

Prescription only medicine (POM).

Manufactured for:

**BELINDA LABORATORIES PVT Ltd.**

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**BELINDA**

Manufactured by:

Renown Pharmaceuticals Pvt. Ltd.

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