Patient Information Leaflet

FULL-365 Suspension

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to take FULL-365 Suspension carefully to get the best results from them.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor, dietician or pharmacist if your symptoms worsen or do not improve.
- If any of the side effects gets serious, or if you notice any side effect not listed in this leaflet, please tell your doctor, dietician or pharmacist.

The information in this leaflet has been divided into the following sections:

1. **What FULL-365 Suspension are and what they are taken for**
2. **Check before you take FULL-365 Suspension**
3. **How to take FULL-365 Suspension**
4. **Possible side effects**
5. **How to store FULL-365 Suspension**
6. **Further information**

1. What FULL-365 Suspension are and what they are taken for

FULL-365 Suspension is a multivitamin and mineral supplement. It contains a combination of 14 essential vitamins, minerals and trace elements.

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, your body either cannot get or cannot efficiently use all of the vitamins, minerals and trace elements it needs.

Your doctor, dietician or pharmacist will give you FULL-365 Suspension if your diet cannot provide you with enough vitamins, minerals and trace elements.

Each ml contains the following 14 essential vitamins, minerals and trace elements, each of which plays a vital role in the efficient daily maintenance of many body processes:

Each 5 ml contains:

Cholecalciferol IP (As stabilized) …… 200 IU
Pyridoxine Hydrochloride IP ……1 mg
Niacinamide IP ……15 mg

Cyanocobalamin IP ……1 mcg
Zinc (as Zinc Gluconate USP) ……..…3 mg
Betacarotene dispersion 2.5% …….38 mg
Manganese……0.8 mg
(as Manganese Chloride
Tetrahydrate USP)
Molybdenum…… 8 mcg
(as Sodium Molybdate Dihydrate BP)
Selenium……. 10 mcg
(as Sodium Selenate)
Lysine Hydrochloride USP ……...30 mg
Iodine……. 50 mcg
(as Potassium Iodide IP)
Biotin IP ……...…10 mcg
Chromium……. 10 mcg
(as Chromium Chloride
Hexahydrate USP)
Inositol IP ……10 mg
Excipients q.s.
Colour: Quinoline Yellow FCF
In a flavoured syrupy base

The functions of the vitamins found in FULL-365 Suspension are:

Vitamin D (cholecalciferol)	Vitamin D has long been known for its important role in regulating body levels of calcium and phosphorus, and in mineralization of bone.
Vitamin A (β-Carotene)	Is essential for growth, maintenance of skin and mucous membranes such as the linings of the mouth, nose, lungs, digestive system, colon and for vision, particularly at night
Vitamin B_6 (Pyridoxine)	Vitamin B_6 helps protein metabolism, along with the maintenance of the nervous and immune systems
Vitamin B_{12}	Vitamin B_{12} is often called the 'red vitamin' because it is required for regulating blood cells
Biotin	Biotin is needed for normal growth and development of the skin and hair, the maintenance of a healthy nervous system and the healthy functioning of bone marrow
Nicotinamide	Nicotinamide (also known as vitamin B_3) is essential for a healthy nervous system

The main functions of the minerals and trace elements are:

Inositol	Inositol is an essential molecule found ubiquitously in biological systems. Biochemical functions elucidated for phosphatidylinositol in biological membranes include the mediation of cellular responses to external stimuli, nerve transmission, and the regulation of enzyme activity through specific interactions with various proteins.
Iodine	Involved in functioning of the thyroid gland which regulates many of the metabolic processes in the body
Zinc	Zinc is required for growth and cell function, bone metabolism, taste, insulin production and the body's immune system which fights infection.
Manganese	Manganese helps the body to utilise calcium and potassium and maintain the structure of cells.
Selenium	Selenium helps to protect the cells and lipids from free radical damage.
Chromium	Helps the body to use glucose by its action on insulin
Molybdenum	Is involved in the enzyme processes for protein metabolism.
Lysine	L-Lysine is classified as an essential amino acid. Lysine helps in synthesis of connective tissues such as bone, skin, collagen, and elastin; synthesis of carnitine and resultant conversion of fatty acids to energy; support for healthy growth and development in children; and maintenance of healthy immune function

2. Check before you take FULL-365 Suspension

• Whilst taking FULL-365 Suspension, both protein and energy are also required to provide complete nutrition in the daily diet. No other vitamins, minerals or supplements with or without vitamin A should be taken with this preparation except under medical supervision.

• Do not take FULL-365 Suspension: if you are allergic (hypersensitive) to any of the ingredients of FULL-365 Suspension (see Section 6 Further information)

• Do not take FULL-365 Suspension on an empty stomach. Do not exceed the stated dose. Keep out of the reach of children. If symptoms persist, consult your doctor.

• Evidence from Randomised Control Trials suggests that high doses (20-30 mg/day) β-carotene intake may increase the risk of lung cancer in current smokers and those previously exposed to asbestos. This high-risk population should consider the potential risks and benefits of FULL-365 Suspension, which contain 5mg of β-carotene per recommended daily dose, before use.

Take special care with FULL-365 Suspension

Before you are given FULL-365 Suspension tell your doctor, dietician or pharmacist if:

- you are a smoker
- you have an asbestos related illness such as asbestosis
- you suffer from thyroid problems.

If any of the above applies to you, or if you are not sure, speak to your doctor or pharmacist before taking FULL-365 Suspension.

Taking other medicines

Please tell your doctor if you are taking or have recently taken/used any other medicines including other vitamin or mineral products medicines obtained without a prescription.

Zinc sulphate reduce the absorption of tetracyclines

Pregnancy and breast-feeding

FULL-365 suspension may be administered during pregnancy and lactation at the recommendation of the physician.

3. How to take FULL-365 Suspension

One teaspoonful (5 ml) to be taken once daily.

What to do if you take more FULL-365 Suspension than you should

If you (or someone else) accidentally take too much suspension, you should tell your doctor at once or contact the nearest accident and emergency department. Show any leftover medicines or the empty bottle to the doctor.

If you forget to take FULL-365 Suspension

Do not worry. 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.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

FULL-365 Suspension may cause allergic reactions (such as rash), and problems related to your stomach and intestines (such as feeling or being sick and stomach pains).

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly: Website: www.zuventus.co.in and click the tab “Safety Reporting” located on the top of the home page.

By reporting side effects, you can help provide more information on the safety of this medicine.

You can also report the side effect with the help of your treating physician.

5. How to store FULL-365 Suspension

Keep out of the reach and sight of children.

Do not take FULL-365 Suspension after the expiry date which is stated on the carton. The expiry date refers to the last day of that month after EXP.

Do not store above 25ºC. Keep the blister in the outer carton in order to protect from light.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist on how to dispose of medicines no longer required. These measures will help protect the environment.

6. Further information

What is in FULL-365 Suspension?

The active ingredients in this medicine are: Pyridoxine hydrochloride, Niacinamide, Cyanocobalamin, Folic Acid, Biotin, Beta Carotene, Zinc, selenium, Manganese, Molybdenum, Inositol, Iodine, Chromium, Lysine

Packaging

A bottle of 200 ml

7. Marketing Authorisation Holder

Zuventus Healthcare Limited

Zuventus House Plot No. Y2, CTS No: 358/A2,

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Nahur West, Mumbai, Maharashtra 400078

8. Date of revision

This leaflet was last revised in **06/2024.**