

Information for the patient

Boroflex™

(Calcium Fructoborate Capsules)

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet:

1. What Boroflex is and what it is used for
2. What you need to know before you take Boroflex
3. How to take Boroflex
4. Possible side effects
5. How to store Boroflex
6. Contents of the pack and other information

1. What Boroflex is and what it is used for

Boroflex contains Calcium Fructoborate, a natural-identical form of boron. Boron is a trace mineral important for bone health due to several key benefits:

1. **Enhances Calcium Absorption:** It aids in the effective absorption of calcium, vital for strong bones.
2. **Supports Vitamin D Function:** Boron prolongs the activity of vitamin D, essential for calcium absorption.
3. **Regulates Hormones:** It influences the metabolism of steroid hormones like estrogen and testosterone, crucial for bone density.
4. **Prevents Bone Diseases:** By optimizing calcium and magnesium use, boron helps prevent osteoporosis and arthritis.

Boroflex™ capsules are used as a dietary supplement to support bone and joint health.

2. What you need to know before you take Boroflex

Do not take Boroflex:

- If you are allergic to Calcium Fructoborate or any of the other ingredients of this medicine (listed in section 6).

Warnings and precautions:

- This product is a nutraceutical and not for medicinal use.
- Consult your healthcare provider before use if you are pregnant, breastfeeding, have any medical conditions, or are taking any other medications.

Other medicines and Boroflex:

- Boron is not known to have any clinically relevant interactions with medications. However, it has positive synergic interactions with calcium, magnesium, zinc, iron, and copper.

Use in special populations

Pregnant / lactating women, children & people with medical conditions should consult a Healthcare Professional before use.

Effects on ability to drive and use machines

No effect anticipated. There isn't specific research directly linking boron supplementation to driving performance.

3. How to take Boroflex

Dosage:

- The recommended dose is one capsule twice a day. Do not exceed the recommended daily dose.

Method of administration:

- Swallow the capsule whole with water. Do not open, chew, or crush the capsule.

4. Possible side effects

Boroflex is generally well-tolerated. However, some people may experience mild side effects such as:

- Gastrointestinal discomfort
- Headaches
- Skin reactions

If you experience any side effects, talk to your doctor or pharmacist.

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

Website link: <https://www.zuventus.co.in/drug-safety-reporting>

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

5. How to store Boroflex

- Store below 30°C. Protect from light and moisture.
- Keep out of the reach of children.

6. Contents of the pack and other information

What Boroflex contains:

- The active substance is Calcium Fructoborate equivalent to elemental Boron 6 mg.
- Other ingredients include bulking agents, anticaking agents, antisticking agents, and synthetic food colors.

Marketing Authorisation Holder and Manufacturer

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