



**vitamins  
& minerals**

Core24 is oral nutritional supplement with combination of 24 essential vitamins and minerals to support human health and well-being. Daily supplementation of Core24 tablets fulfill nutritional deficiencies, provides immune support, aids in metabolism of fats, carbohydrates and proteins. It also provides nutritional supplementation in malabsorptive conditions during certain illnesses and/or old age.

## COMPOSITION & THERAPEUTIC USE

Each film-coated tablet contains:

Nutrients	Quantity	Therapeutic Use
<b>Vitamins</b>		
Vitamin A Acetate	5500 IU	Maintenance of good vision, healthy skin, nails and hair.
Vitamin B <sub>1</sub>	10mg	Involved in proper functioning of the nervous system and cardiac muscles, promotes growth and helps in digestion.
Vitamin B <sub>2</sub>	3.4mg	For the production of energy from protein, fat and carbohydrate. Helps maintain healthy skin.
Vitamin B <sub>3</sub>	30mg	Promotes release of energy from foods and aids in proper functioning of the nervous system.
Calcium-D Pantothenate (Vitamin B <sub>5</sub> )	10mg	Helps maintain healthy skin and mucous membrane. Involved in the metabolism of fatty acids, glucose and proteins for energy production.
Vitamin B <sub>6</sub>	3mg	For the production of energy from fats, carbohydrates and proteins. Helps maintain healthy skin.
Biotin (Vitamin B <sub>7</sub> )	15mcg	Essential for growth and development of skin and hair and maintains healthy functioning of bone marrow and nervous system.
Folic Acid (Vitamin B <sub>9</sub> )	0.4mg	Regulate the growth of body cells including red blood cells and also involved in protein synthesis.
Vitamin B <sub>12</sub>	9mcg	Essential for regulating red blood cells and contributes to health of nervous system.
Vitamin C	125mg	Acts as an antioxidant, plays role in maintaining healthy bones, teeth, gums, skin and helps in iron absorption.
Vitamin D <sub>3</sub>	400 IU	Helps the body to absorb calcium, potassium and phosphorous which are vital for healthy bones and teeth.
Vitamin E	30 IU	Acts as an antioxidant, maintains healthy skin, immune system and metabolic processes.

Nutrients	Quantity	Therapeutic Use
<b>Minerals</b>		
Iron	4mg	Involved in formation of red blood cells which transport oxygen around the body.
Iodine	150mcg	Contributes to the normal production of thyroid hormones and aids in maintenance of good health.
Magnesium	50mg	Maintains good health and also supports nervous system and muscles in their proper functioning.
Copper	1mg	Involved in formation of blood and maintains healthy bones, nerves and immune system.
Zinc	15mg	Helps in production of energy from fats, carbohydrates and proteins and is required for growth, healthy cell function and insulin production.
Manganese	1mg	Helps the body to utilize calcium and potassium and maintain structure of cells. It is also involved in protein metabolism.
Calcium	40mg	Helps to maintain healthy bones and teeth, muscle contraction and normal functioning of nervous system.
Selenium	20mcg	Act as an antioxidant in maintenance of good health and also supports thyroid function.
Chromium	15mcg	Helps the body to utilize glucose and supports in the maintenance of good health.
Molybdenum	15mcg	Involved in the enzymatic processes of protein metabolism.
Potassium	7.5mg	Support nervous system and muscles in their proper functioning.
Chloride	7.5mg	Maintains proper balance of body fluids along with blood volume, blood pressure, and pH of body fluids.

#### Indications

Core24 Tablet is used:

- For nutritional supplementation in individuals with poor or unbalanced diet, malabsorption, digestive disorders, certain illnesses and old age.
- For normal growth and development of vital body organs and their functions.
- To maintain and support healthy lifestyle.

#### Dosage and Administration

One tablet daily, preferably taken one hour after meal or as directed by the healthcare practitioner.

#### Adverse Effects

Multivitamins and mineral combination may cause hypersensitivity reaction (such as rash) and gastrointestinal disturbances (such as constipation, diarrhoea, nausea, vomiting and abdominal pain). If you notice any of the above condition while taking Core24 tablets, consult your healthcare practitioner for advice.

#### Contraindications

Core24 Tablets must not be used in patients:

- With hypersensitivity to any of the components of formulation.
- With hypercalcemia (high level of calcium in blood) and iron storage disorders.

#### Precautions

- Do not take Core24 Tablets on an empty stomach.
- Do not exceed the recommended dose.
- Do not take double dose in order to compensate for missed dose.

#### Pregnancy & Nursing Women

Core24 Tablets may be given during pregnancy and lactation, if recommended by the healthcare practitioner.

#### Overdosage

Consult your healthcare practitioner in case of accidental intake of exceeded recommended dose.

#### Storage

Do not store above 30°C. Protect from sunlight and moisture. Keep out of reach of children.

#### Presentation

Core24 Tablets are available in blister pack of 30's.

#### Manufactured by:

Herbion Pakistan (Pvt) Limited  
30/28, K.I.A., Karachi, Pakistan.

#### Manufactured for:



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