Description
This is a hard gelatin capsule containing carbonyl iron, along with vitamins and zinc for the treatment and prevention of iron deficiency anaemia.

Composition
Each hard gelatin capsule contains:
- Carbonyl Iron Equivalent to elemental Iron 100 mg
- Folic acid IP 1.5 mg
- Cyanocobalamin (Vit B12) IP 15 mcg
- Ascorbic Acid (Vit C) IP 75 mg
- Zinc Sulphate Monohydrate IP 61.8 mg
(Equivalent to elemental Zinc 22.5 mg)
(All in Pellet Form)
Approved colours used in capsule shell.

Indications
1. Therapeutic Indication: In cases of Iron deficiency anemia
2. Preventive Indication: In conditions which may lead to Iron deficiency anaemia like:
   - Pregnancy
   - Dietary deficiency
   - Postsurgical Convalescence
   - Chronic or acute blood loss

Dosage
One tablet daily or as directed by the physician.
VivaFeM should preferably be taken on an empty stomach 1 hour before or 2 hours after meals. If stomach upset occurs, it may be taken with food.

Warnings and Precautions
- Inform your physician if you are known to be allergic to any component of the product.
- Inform your doctor if you are diagnosed with any metabolic disorder or any gastrointestinal problem.

Pregnancy and Lactation: During pregnancy and lactation, this medication should be used only when clearly needed. This medication passes into breast milk. Consult physician before taking VivaFeM in these conditions.

KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.
Overdose
Symptoms of overdose include: decreased energy; nausea; vomiting; abdominal pain; black or tarry stools; a weak, rapid pulse; fever; coma; seizures; and death. In case of accidental overdose, contact a physician immediately.

Drug Interactions
It should not be administered within two hours of any of the following drugs including calcium, fluoroquinolones, tetracycline, levodopa, methyl dopa, levothyroxine and penicillamine as it may decrease the absorption of the above drugs.

Antacids should be avoided within 2 hours of taking VivaFem as antacids decrease the absorption of VivaFem.

Drugs other than above may also interfere with VivaFem. Consult your physician if you are on some other medication while taking this product.

Undesirable Effects
The following undesirable effects may occur:

Gastrointestinal symptoms: Constipation, Diarrhoea, Nausea, Vomiting, Epigastric pain, Dark Stools, Heartburn
Temporary staining of teeth
Rarely hypersensitivity reactions: Like rash, itching, edema, dizziness, breathing difficulty etc.

Contraindications
It is contraindicated in:

Patients with known hypersensitivity to any of the ingredients.
Patients with renal failure where there may be the risk of Zinc accumulation.
Haemolytic or other anaemia not associated with iron or folic acid deficiency.
Haemochromatosis/ Haemosiderosis
Peptic ulcers, Regional enteritis and Ulcerative colitis

Special Precautions for Storage
Store in a cool and dry place.
Protect from direct sunlight.
Keep out of reach of children.

Shelf Life
Best before 18 months from the date of manufacture.

Presentation
10 x 10 capsules