

400 IU

Oral Drops



Miura™

[CHOLECALCIFEROL]

Description

Vitamin D can be produced in the body with mild sun exposure or consumed through food or dietary supplements. Cholecalciferol is the naturally occurring form of Vitamin D. It is produced from a sterol (7-dehydrocholesterol) that is present in mammalian skin by ultraviolet irradiation. Adequate Vitamin D intake is important for the regulation of calcium and phosphorus absorption.



Vitamin D Promotes Healthy Life

Improves Growth in Children

Maintains Strong Bones and Teeth

Strengthens Immune System

Prevents Respiratory Tract Infections

Improves Muscle Function

Food Supplement to be taken through Oral Administration

ویٹامن ڈی - صحت مند زندگی کے لیے

- بچوں کی نشوونما میں اضافہ کرے۔
- دانتوں اور ہڈیوں کو مضبوط بنائے۔
- قوتِ مدافعت میں اضافہ کرے۔
- سانس کے امراض سے بچائے۔
- پٹھوں کے نظام کو بہتر بنائے۔



Miura Provides:

Each drop contains:

Vitamin D₃ (Cholecalciferol)..... 400IU

400IU is equivalent to..... 0.01mg

400IU is equivalent to 10 mcg

400 IU Oral Drops

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Suggested Use:

خوراک :

Infants and children below 4 years
One Drop Daily

نومولود اور چار سال سے کم عمر کے بچوں کے لیے
ایک قطرہ دن میں ایک مرتبہ

Children above 4 years
Two Drops Daily

چار سال سے زائد عمر کے بچوں کے لیے
دو قطرے دن میں ایک مرتبہ

Adults
Two to Three Drops Daily

بالغ افراد کے لیے
دو سے تین قطرے دن میں ایک مرتبہ

Daily Reference Intakes (DRI) of Vitamin D¹

Age Group	Recommended Dietary Allowance (RDA) per day	Tolerable Upper Intake Level (UL) per day
Infants 0-6 Months	400 IU (10mcg)*	1000 IU (25mcg)
Infants 7-12 Months	400 IU (10mcg)*	1500 IU (38mcg)
1-3 Years	600 IU (15mcg)	2500 IU (63mcg)
4-8 Years	600 IU (15mcg)	3000 IU (75mcg)
9-70 Years	600 IU (15mcg)	4000 IU (100mcg)
Above 70 Years	800 IU (20mcg)	4000 IU (100mcg)

*Adequate Intake rather than Recommended Dietary Allowance (RDA)

Serum 25-Hydroxyvitamin D [25(OH)D] Concentrations and Health¹

nmol/L	ng/mL	Health Status
<30	<12	Associated with vitamin D deficiency, leading to rickets in infants and children and osteomalacia in adults
30-50	12-20	Generally considered inadequate for bone and overall health in healthy individuals
≥50	≥20	Generally considered adequate for bone and overall health in healthy individuals
>125	>50	Emerging evidence links potential adverse effects to such high levels, particularly >150 nmol/L (>60 ng/mL)

References:

1. Institute of Medicine, Food and Nutrition Board, Dietary Reference Intakes for Calcium and Vitamin D, Washington, DC: National Academy Press, 2010.



Pregnancy and Nursing Mothers:

Pregnancy Category: C

Vitamin D₃ (Cholecalciferol) can be prescribed during pregnancy & to nursing mothers if necessary, when used in daily amounts below 2000 IU.

Contraindications:

Vitamin D₃ (Cholecalciferol) is contraindicated in patients with known hypersensitivity to Vitamin D.

Precautions:

Vitamin D₃ (Cholecalciferol) should not be given to patients with hypercalcemia (high levels of calcium in blood) and hyperphosphatemia (high serum phosphate levels). It should be used with caution in infants, who may have increased sensitivity to its effects, and infants with renal impairment or calculi, or heart disease.

Overdosage:

Symptoms of overdosage include loss of appetite, lack of energy, nausea, vomiting, constipation or diarrhea and excessive urination. In case of any symptoms inform your healthcare practitioner immediately. Use should be withdrawn if toxicity occurs.

Storage:

Store below 25°C.
Protect from light and excessive heat.
Keep out of reach of children.

Manufactured for:

