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**era+**<sup>TM</sup>

**The 4<sup>th</sup> Generation Folate**  
+ Vitamin B<sub>6</sub>

**COMPOSITION:**

Each film coated tablet contains:

Folate (as Quatrefolic) ..... 600 mcg.

Vitamin B<sub>6</sub> ..... 1.9 mg.

**DESCRIPTION:**

**Quatrefolic:** Folate is a water-soluble B vitamin, which functions as a coenzyme or co-substrate in the synthesis of DNA and RNA and metabolism of amino acids. Deficiency is common during pregnancy which may lead to fetal malformations such as neural tube defects. Inadequate maternal folate status has also been associated with low infant birth weight, preterm delivery, and fetal growth retardation. Spina-bifida and anencephaly are the most common neural tube defects (NTDs).

Folic acid supplementation before conception and during the first trimester has been shown to reduce the recurrence of NTDs in women. Supplementation is used to treat megaloblastic anemia during pregnancy.

Quatrefolic is the fourth generation folate derivatives, a new generation of folic acid derivative made up of (6S)-5-methyltetra-hydrofolate and glucosamine salt which is readily active and has added advantage of higher bioavailability, safety and stability.

**Vitamin B<sub>6</sub>:** Vitamin B<sub>6</sub> performs a wide variety of functions in the body and is extremely versatile, with involvement in more than 100 enzyme reactions, mostly concerned with protein metabolism. Vitamin B<sub>6</sub> also plays a role in cognitive development through the biosynthesis of neurotransmitters and in maintaining normal levels of homocysteine, an amino acid in the blood. Vitamin B<sub>6</sub> is involved in gluconeogenesis and glycogenolysis, immune function and hemoglobin formation.

**INDICATION AND USAGE:**

**era+ is a dietary supplement indicated for:**

- Folate deficiency anemia
- Pregnant women for the prevention of neural tube defects in babies (e.g. spina bifida)
- Folate and Vitamin B<sub>6</sub> deficiency in pregnant women
- Treating an inherited type of anemia called sideroblastic anemia
- Possibly effectiveness in nausea and vomiting caused by pregnancy.

**DOSAGE AND ADMINISTRATION:**

One tablet daily or as prescribed by physician.

**CONTRAINDICATION:**

Product is contraindicated in patients with known hypersensitivity to any of the ingredients.

**WARNINGS AND PRECAUTIONS:**

Folic acid alone is inadequate therapy in the treatment of pernicious anemia and other megaloblastic anemias where Vitamin B<sub>12</sub> is deficient. Folic acid in doses above 0.1 mg daily may obscure pernicious anemia in that hematologic remission can occur while neurological manifestations progress. While prescribing this nutritional supplement for pregnant women, nursing mothers or for women prior to conception, their medical condition and any drugs, herbs and/or supplements consumption should be considered.

**DRUG INTERACTIONS:**

era+ may show possible drug interactions. Anticonvulsant action of phenytoin is antagonized by Folic Acid. Folate deficiency may result from increased loss of folate, as in renal dialysis and/or interference with metabolism (e.g., Folic Acid antagonists such as methotrexate); the administration of anticonvulsants, such as diphenylhydantoin, primidone, and barbiturates; alcohol consumption and, especially, alcoholic cirrhosis; and the administration of pyrimethamine and nitrofurantoin.

Taking era+ (vitamin B<sub>6</sub> pyridoxine) along with amiodarone might increase the chances of sunburn, blistering, or rashes on areas of skin exposed to sunlight.

era+ (Vitamin B<sub>6</sub> pyridoxine) might increase breaks down of phenobarbital leading to decrease the effectiveness of phenobarbital.

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**FOLIC ACID IN PREGNANCY AND LACTATION:**

Use in pregnancy is considered safely acceptable. Folic acid is actively secreted in breast milk. Supplementation in lactating women may be needed if poor nutritional habits lead to maternal deficiency and megaloblastic anemia. The American Academy of Pediatrics considers folic acid compatible with breast feeding.

**SIDE EFFECTS:**

era+ may have some side effects. It's best to consult a doctor first before starting this medication.

**OVERDOSAGE AND TREATMENT:**

In case of accidental over dosage, call a doctor or refer to healthcare facility immediately.

**INSTRUCTIONS:**

- Store below 30°C.
- Protect from heat, sunlight & moisture.
- Keep out of the reach of children.
- To be sold on the prescription of a registered medical practitioner only.

**PRESENTATION:**

**era+ Tablet** : Pack of 3 x 10 tablets.

ہدایات:

۳۰ درجہ سینٹی گریڈ سے کم درجہ حرارت پر رکھیں۔

گرمی، دھوپ اور نمی سے بچائیں۔

بچوں کی پہنچ سے دور رکھیں۔

صرف ڈاکٹر کے نسخہ پر فروخت کریں۔

Manufactured by:

Phytocon International (Pvt.) Ltd.  
339-A Sundar Industrial Estate, Raiwind Road, Lahore, Pakistan.

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