

# I-Vita®

Antioxidant Vitamin-Mineral

## Description

I-Vita® capsule contains eye health promoting nutrients like Vitamin C, Vitamin E, Lutein, Copper and Zinc.

## Pharmacokinetics

Vitamin C is highly concentrated in the lens compared to blood. A long term Vitamin C supplement use (10+ years) has been associated with reduced risk of cataract. Vitamin C has important role in harmful free radicals scavenging activity. In study, it is found that high serum Vitamin E concentrations have been associated with reduced risk of cataract (exact mechanism of action is not still established). As an antioxidant vitamin, it also plays an important role in harmful free radicals scavenging activity. Lutein is a carotenoid, specially concentrated in macula. Clinical and animal data indicates that this carotenoid could protect the macula from oxidative or light damage. Although exact mechanism of action is not clear but one large study has found that high levels of dietary Lutein is associated with relatively lower risk of AMD (Age-Related Macular Degeneration). Zinc's role in alleviating macular degeneration has been thoroughly studied. Its deficiency causes deterioration of the macula. It helps vitamin A to be released from the liver so it can be used in eye tissues.

Copper is one of the metals that may harden cholesterol. Sometimes high cholesterol levels can become visually apparent as a gray ring of cholesterol deposited inside the clear cornea at the front of eyes. This condition, called arcus, is seen in many adults of advanced age, but balancing copper with zinc may lead to the disappearance of this cholesterol ring.

## Composition

Each I-Vita® Capsule contains -

Vitamin C BP 60 mg

Vitamin E BP 30 mg

Lutein Ph.grade 6 mg

Copper (as Cupric oxide) Ph.grade 2 mg

Zinc (as Zinc oxide) BP 15 mg

## Indications

I-Vita® is indicated for Age-related Eye Disease. This is an advanced new antioxidant supplement formulated to provide nutritional support for the eye. The formulation contains essential antioxidant vitamins, minerals, and Lutein.

## Dosage & administration

One capsule, one or two times daily or as directed by the physician.

## Contraindications

It is contraindicated in patients hypersensitive to the drug.

## Side effects

Large doses of Vitamin C and Vitamin E are reported to cause diarrhea and other gastrointestinal disturbances; fatigue and weakness have also been reported.

## Use in pregnancy & lactation

It should be taken in pregnancy and lactation with prior consultation with doctor.

## Precautions

Vitamin C should be given with care to patients with hyperoxaluria. In patients taking oral anticoagulants or estrogens, Vitamin E should be given carefully because it has been found to antagonize the effects of vitamin K leading to an increase in blood clotting time in these patients.

## Drug interactions

No drug interaction has been reported.

## Storage

I-Vita® capsule should be stored in a cool and dry place, protected from light and moisture.

## Packaging

**I-Vita® Capsule:** Each carton contains 6X5 capsules in Alu-Alu blister pack.



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