



Azvac



A Comprehensive Multivitamins & Minerals Formula

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- **AZVAC** is a nutritional supplement.
- Ask your doctor or pharmacist if you need more information or advice.
- You must see a doctor if you experience troubling symptoms.

WHAT AZVAC CONTAINS

AZVAC is a scientifically formulated daily multivitamin with elevated levels of B-vitamins, Zinc, selenium, antioxidants combined with ginseng, Ginkgo Biloba, Co-Enzyme

Q10 and Garlic powder to help support a healthy, Active body and mind.

The active substances are as follows:

---Vitamin A (B.P)	5000IU
---Vitamin C (B.P)	50mg
---Vitamin D (B.P)	400IU
---Vitamin E (B.P)	30IU
---Pyridoxine (B. P)	1mg
---Riboflavin (B.P)	2mg
---Cyanocobalamin (B.P)	5mcg
---Pantothenic Acid	10mg
---Magnesium (B.P)	50mg
---Co-Enzyme Q10 (B.P)	5mg
---Korean Ginseng (B.P)	50mg
---Garlic Powder (B.P)	30mg
---Ginkgo Biloba (USP)	30mg
---Potassium (B.P)	7mg
---Manganese (B.P)	3mg
---Copper (B.P)	2mg
---Selenium (USP)	10mcg
---Taurine (USP)	60mg
---Lutein (USP)	5mg
---Folic Acid (B.P)	400mcg
---Calcium (B.P)	160mg
---Niacin (B.P)	10mg
---Zinc (B.P)	8mg
---Thiamine (B.P)	2mg

WHAT AZVAC IS USED FOR

B-vitamins for energy and cognitive function: B-vitamins are involved in energy metabolism. They play a well-known and critical role in the metabolic conversion of proteins, fats and carbohydrates to energy. B-vitamins are water-soluble and must be replaced daily. Deficiencies may result in fatigue, malaise and lethargy. Thus, the requirement is linked to energy metabolism and will be increased by factors that increase the rate of energy utilization e.g. exercise. It is also important to note that because the brain is the most metabolically active part of the body requiring a high demand for energy, micronutrients (including B-vitamins like pantothenic acid) are essential for playing a key role in cognitive function as well as energy production.

AZVAC has been developed with elevated levels of B-vitamins to support and replenish the daily needs of individuals that expend extra energy through higher levels of physical activity.

Calcium and vitamin D: Calcium and vitamin D are nutrients that help protect you from osteoporosis. Calcium helps build strong bones, while vitamin D ensures that your body effectively absorbs calcium.

Selenium: Selenium supplements or an increase of selenium-rich foods may be able to help prevent coronary heart disease. It's believed that selenium can benefit heart health once again by its ability to fight inflammation, increase blood flow, reduce free radical oxidative stress and help with antioxidant.

Magnesium: Magnesium is needed to keep muscle and nerve functions normal and the heart beating rhythmically. It also helps to support a healthy immune system and keeps bones strong. It is important in terms of regulating blood sugar levels.

Manganese: Manganese helps the body form connective tissue, bones, blood clotting factors, and sex hormones. It also plays a role in fat and carbohydrate metabolism, calcium absorption, and blood sugar regulation. Manganese is also necessary for normal brain and nerve function.

Zinc for cognitive function: Zinc is a vital nutrient for the proper growth and development of the human body and plays a role in normal cognitive function.

Antioxidants for mental function/performance and immunity: Antioxidant micronutrients including vitamins C, E, selenium, zinc and manganese play a key role in helping to neutralize the harmful effects of free radicals. Since the brain undergoes significant free radical damage, replacing antioxidants on a daily basis can play a key role in reducing free radical damage, which has been implicated in cognitive or brain function. Studies have also shown that supplementation with antioxidant micronutrients can play a critical role in maintaining immune competence and enhancing immunity.

Vitamins A, E and C for healthy skin: Skin condition and function are affected by environmental factors such as ultraviolet (UV) irradiation, free radicals, toxic/allergic compounds, mechanical damage and also by factors such as genetic predisposition, immune status, hormone status and stress. Consequently, the skin undergoes alterations resulting in photo aging, inflammation, reduced immune function, skin imbalances and skin disorders. Nutrition is important for skin functioning and attractiveness.

Optimization of the diet may not only prevent skin disorders but may improve skin condition. The antioxidants vitamin A, C, E have been effectively used as dietary supplements to protect against sunburn. Vitamin A has an important role in skin health. Layers of cells known as epithelial cells cover all body surfaces. The epithelial tissue on the outside of the body is the skin. Vitamin A helps to maintain the normal structure and function of the epithelial cells found in the skin, lungs, trachea, gastrointestinal tract and other mucus membranes.

Ginseng for mental function and energy enhancement: Each **AZVAC** tablet contains 50 mg Korean Ginseng extract. Current science appears to support a safe and positive synergistic effect between ginseng and vitamin/mineral supplementation with respect to energy enhancement. Ginseng is said to increase physical performance by increasing oxygen supply (improved muscular oxygen utilization) and vitality in the body. Studies evaluating effects on energy, stamina and stress suggest that the addition of ginseng to a multivitamin formulation may be more effective in improving one's quality of life when subjected to the stress of high physical and mental activity. Improvements to mental day-to-day functioning, mood and well-being were observed.

Ginkgo Biloba: Ginkgo Biloba improves blood flow to the brain and may help ease a number of circulation problems, including vascular dementia and leg pain caused by clogged arteries.

Garlic powder: Cardiovascular diseases like heart attacks and strokes are the world's biggest killers. High blood pressure or hypertension is one of the most important drivers of these diseases. Human studies have found garlic supplementation have a significant impact on reducing blood pressure in people with high blood pressure.

Coenzyme Q10: Coenzyme Q10 (CoQ10) is a substance similar to a vitamin. Your body makes CoQ10, and your cells use it to produce energy your body needs for cell growth and maintenance. It also functions as an antioxidant, which protects the body from damage caused by harmful molecules.

Coenzyme Q10 is beneficial for heart health in many ways. It assists in maintaining the normal oxidative state of LDL cholesterol, helps assure circulatory health and supports optimal functioning of the heart muscle. CoQ10 may also help support the health of vessel walls.

Taurine: Taurine is an amino acid that is important for your body and brain. Taurine promotes cardiovascular health, insulin sensitivity, electrolyte balance, hearing function, and immune modulation.

Lutein: The antioxidant lutein protects eye health, skin and heart health, and may lower the risk for diabetes and cancer.

BEFORE YOU TAKE AZVAC

Do not take AZVAC:

- -- If you are hypersensitive (allergic) to any of the ingredients of **AZVAC**.

Take special care with AZVAC: Consult a healthcare professional prior to use if:

- -- you are taking blood thinners (like warfarin), digoxin (for the heart) or antidepressant medications.
- -- you are taking other dietary supplements that contain manganese.
- -- you are taking any other medications on a regular basis.

Pregnancy and breastfeeding: If you are pregnant or breastfeeding, please consult your doctor, pharmacist or other healthcare professional for advice.

Taking other medicines with AZVAC: If you are taking the following medicines on a regular basis, the use of **AZVAC** with these medicines may cause undesirable interactions:

- -- Blood thinners (e.g. warfarin)
- -- Digoxin
- -- Antidepressants
- -- Tamoxifen

HOW TO TAKE AZVAC

AZVAC is formulated for use in adults only (12 years and older).

Adults: Take one (1) tablet once a day with food.

Exceeding the daily dose is not recommended.

Nutritional supplements cannot replace a balanced diet.

If you take more AZVAC than you should: In the event of over dosage, consult your doctor or pharmacist. If neither is available, seek help at the nearest hospital or poison control center.

POSSIBLE SIDE EFFECTS

AZVAC can have side effects. Not all side effects reported for **AZVAC** are included in this leaflet. Should your general health worsen while taking **AZVAC**, please consult your doctor, pharmacist or other healthcare professional for advice.

Tell your doctor if you notice any of the following: Flushing of the skin, headaches, diarrhea, skin eruptions, sleeplessness, nervousness, hypertension, euphoria, swelling or a combination of itchy skin, joint aches and fever. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

PRESENTATION

AZVAC film coated Tablet : 2x10's / pack

DOSAGE

As directed by the physician

INSTRUCTIONS

Store below 30°C.

Protect from sunlight and moisture

Keep out of reach of children

"This product is for nutritional purpose and not intended to diagnose, treat, cure or prevent any disease.

This is enlisted in accordance with DRAP Act 2012, Drug Act 1976."

Manufactured for:
AsianContinental (Pvt.) Ltd.
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Manufactured by:
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