

Oligovit[®] D₃ + K₁ baby

Dietary product - food for special medical purpose.

Vitup[®] D3+K1 baby is food for special medical purpose, which contains the optimum dose of vitamin K1 and vitamin D3 combination and is given to children from the 8th day to the 3rd month of life to prevent conditions caused by deficiency of these vitamins in infants.

Vitamin K and Vitamin D are important for healthy development of infants and children, and have potentially serious effects on children's health in case of their deficiency.

The content of active ingredients	1 twist-off capsule	% NRV*	100 g*
Vitamin K ₁	25 µg	33	10 mg
Vitamin D ₃	10 µg	200	4 mg

*calculated with reference to the net amount contained in a capsule, **it refers only to the net amount contained in a capsule

Ingredients: olive oil; capsule – gelatin, thickening agent: glycerol, water; antioxidant: extract rich in tocopherols; phyloquinone; cholecalciferol.

Action

Vitamin K₁ is also known as the blood clotting vitamin. Vitamin K₁ is a liposoluble vitamin crucial in blood clotting.

Vitamin K₁ is synthesised by the beneficial bacteria in your gut. Bacteroides are the most common bacteria colonising the intestinal tract and Bacteroides fragilis is one of the most significant bacteria that synthesises Vitamin K₁.

Vitamin K₁ is important for synthesis of prothrombin, a basic clotting factor, clotting factors II, VII, IX and X, and other Gla proteins (e.g. Protein C, protein S, protein Z).

Unlike the first infant formulas which provide babies with 50-60 µg of vitamin K₁, breast milk contains very low vitamin K₁ concentration (1-5 µg/L).

Because of extremely low vitamin K1 concentration in breast milk, naturally fed infants are under particular risk of developing vitamin K1 deficiency.

Vitamin K1 depletion results in deficiency of vitamin K–dependent clotting factors (II, VII, IX and X), major bleeding and condition called haemorrhagic disease of the newborn.

After their birth, newborns are given a certain dose of vitamin K₁ because their digestive system is still not fully developed. Breast milk does not contain sufficient amounts of vitamin K₁. Therefore, in addition to one-time doses given at maternity hospitals, vitamin K₁ replenishment in the form of 25 µg daily doses is recommended in breastfed infants starting from the 8th day until the end of the third month after birth.

Vitamin D₃ is important for normal growth and development of bones and teeth.

It belongs to the liposoluble class of vitamins. It is naturally synthesised in the skin, where it is converted from inactive provitamin D to active Vitamin D₃ when exposed to sunlight.

In combination with parathyroid hormone, it contributes to normal absorption and improves utilisation of calcium and phosphorus from the digestive tract, consequently playing an important role in normal bone mineralisation.

Vitamin D₃ takes part in the process of cell division and in protein synthesis and muscle contraction, thus contributing to normal muscle function.

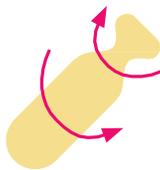
Vitamin D₃ deficiency may result in bone demineralisation and a condition called rickets. Rickets includes a class of conditions characterised by mineralisation (calcium and phosphorus incorporation) disorder affecting the cartilage and developing bones. This results in cartilage and bone overgrowth which forms distinctive thickening at the typical sites. Bones remain soft and, as a result, they end up being fragile and easily broken.

Prevention: All newborns are prescribed vitamin D₃ at the daily dose of 400 IU (10 µg), starting from the second week until the end of the first year of life. Its use is recommended during winter months from the end of the first year of life until the end of puberty.

Vitamin K₁ supplementation is recommended in premature babies and infants because breast milk does not meet the requirements for this vitamin in babies. Vitup[®] D₃+K₁ baby provides recommended daily doses of vitamin K₁ (25 µg), required for normal blood clotting process, and vitamin D₃ (400 IU), required for healthy development of newborns and infants, and thus improves normal bone and teeth growth and development.

Use:

1 twist-off capsule daily, from day 8 until the end of month 3 after birth, especially in premature children and breastfed babies. Twist the upper part of the capsule (cap), pull it up and remove it. Press the capsule and squeeze out the capsule contents directly into baby's mouth or in a teaspoon, or mix it with milk.



1. Twist one part of the capsule (cap), pull it up and remove it



2. Press the capsule and squeeze out the capsule contents directly into baby's mouth or in a teaspoon, or mix it with milk

Notes:

Never put the entire capsule in the child's mouth. Squeeze out only its contents!

Important notes:

This product can be used only under medical surveillance! The product is nutritionally incomplete food and it is not suitable for use as a sole source of nutrition. The product is not intended for parenteral use.

Keep out of the reach of children.

Warnings:

The product should not be used by persons sensitive to any of the ingredients in this product.

Storage conditions

Store in a dry place, protected from light, at temperatures from 15°C to 25°C.

Shelf life

Do not use after the expiry date stated on the pack.

Packaging:

30 twist-off capsules

Holder of the right to enter the data into database of the Ministry of Health of the Republic of Serbia/Importer:

Galenika a.d., Batajnički drum b.b., 11080 Belgrade, Republic of Serbia

 **Galenika**

Manufactured in: EU Imported from: EU