

# Optavit™

Vitamin-C, Vitamin-E, Zinc, Lutein, Copper

## Description

Optavit is an antioxidant vitamins capsule containing Vitamin-C, Vitamin-E, Minerals (Zinc, Copper) and Lutein for oral administration.

## Composition

Each Optavit capsule contains:

Vitamin-C (as Ascorbic Acid BP) 60 mg,

Vitamin-E (as Alpha Tocopheryl Acetate BP) 30 mg,

Zinc (as Zinc oxide BP) 15 mg,

Lutein Ph. Grade 6 mg,

Copper (as Cupric oxide Ph. Grade) 2 mg.

## Pharmacology

The formulation contains essential antioxidant vitamins, minerals and lutein. Vitamin-C is highly concentrated in the lens compared to blood. Long term use of Vitamin-C supplement (10+ years) has been associated with reduced risk of cataract. It has important role in harmful free radicals scavenge 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).

Lutein is a carotenoid specially concentrated in macula. Clinical and animal data indicate that this carotenoid could protect the macula from oxidative or light damage. Although mechanism of action is not clear but one large study has found that high levels of dietary Lutein are associated with relatively lower risk of AMD (Age-Related Macular Degeneration: a condition where fine visual activity is lost).

Zinc is an essential trace element involved in many enzyme systems. Symptoms of less severe deficiency include distorted or absent perception of taste, smell and poor wound healing. Severe deficiency causes skin lesion, alopecia, diarrhea, increased susceptibility to infection and failure to thrive in children.

Copper plays an important role in growth, skeletal integrity and development of nervous system. As a part of various enzymes, it takes part of numerous metabolic conversions.

## Indications

Optavit is indicated for Age-Related Eye Diseases .

This is an advanced new antioxidant supplement formulated to provide nutritional support for the eye.

## Dosage and Administration

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

## Side Effects

Large dose of Vitamin-C are reported to cause diarrhea and other gastrointestinal disturbances. Large dose of Vitamin-E may cause diarrhea, abdominal pain and other gastro-intestinal disturbances; fatigue and weakness have also been reported.

## Contraindications

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

## Drug Interactions

No such drug interactions have been reported.

## Precautions

Vitamin-C should be given with care to patients with hyperoxaluria. In patients taking oral anticoagulants or estrogen, 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.

## Use in Pregnancy and Lactation

Consultation with the physician is recommended before use of this medication in pregnancy and lactation.

## Overdosage

No data found.

## Pharmaceutical Precautions

The capsule should be stored in a cool and dry place. Protect from light and moisture.

## Commercial Pack

Optavit Capsule: Box containing 6x10 or 7x4 capsules in Alu-Alu blister pack.

Manufactured by :



**POPULAR PHARMACEUTICALS LTD.**  
TONGI, GAZIPUR, BANGLADESH