倍健 軟膠囊

醫師藥師藥劑生指示藥品
衛署藥輸字第 007748 號

使用說明書，請詳細閱讀！

【成分】

有效成分	每粒膠囊含量
乳清酸二甲氨基乙醇	22mg = 8.1mg DMAE
乳清酸鎂	100mg = 6.6mg Mg
維生素 A	10mg = 10000 IU
維生素 B_1	10mg
維生素 B_2	3mg
維生素 B_6	5mg
維生素 B_{12}	0.005mg
菸鹼醯胺	10mg
汎酸	10mg
維生素 C	70mg
維生素 D_3	0.4mg = 400 IU
維生素 E	15mg
二鹽基磷酸鈣	85mg
肌醇六磷酸鈣鎂	50mg
丁烯二酸鐵	30mg = 10.0mg 鐵
硫酸銅	2.8mg = 1.0mg 銅
硫酸錳	1.5mg = 0.5mg 錳
芸香素	10mg
腺苷	2mg
重酒石酸膽鹼	50mg

其他成分(賦形劑):
Beeswax 4.277mg, Soybean oil hydrogenated 4.277mg, Vegetable oil partially hydrogenated 17.111mg, Colza oil 170.943mg, Wheat germ oil 150mg, Vegetable lecithin 10mg, Silicic acid 10mg, Aerosil 2mg, Peanut oil 4.35mg, Gelatin 5mg, Triglycerides medium chain 0.39mg, BHT 0.05mg, BHA 0.05mg. **(膠囊組成)**: Gelatin 212.945mg, Glycerin 108.13mg, Ethylparaben 0.945mg, Propyl p-hydroxybenzoate 0.475mg, Iron oxide red 1.185mg, Iron oxide black 2.84mg.

【用途(適應症)】
維生素或礦物質缺乏症。

【使用上注意事項】
- 部分血液疾病患者，請勿使用
  1. 鐵的堆積：血色素沈著症、慢性溶血症
  2. 鐵的利用失序：鉛中毒貧血、鐵失利用性貧血(sideroachrestic amenia)、地中海型貧血
- 對本產品成分過敏者，請勿使用

【其它注意事項】
- 小心存放本劑，放在幼童接觸不到的地方

【用法用量】

用法	請以少量液體吞服膠囊，不要咀嚼。
用量	每日一粒膠囊於早餐後服用，或依醫師指示服用。

【警語】
服用本藥後，若發生難以忍受情形或副作用，請立即停止使用，並持此說明書諮詢醫師藥師藥劑生。

【包裝】
10 粒、30 粒膠囊盒裝，100 粒膠囊瓶裝。

倍健含有維生素、礦物質與微量元素，以及乳清酸、芸香素、腺苷與酒石酸氫膽鹼等物質。

衰老的人往往營養不足或營養失衡，以致因缺乏營養素而引起病狀，尤其是精力的衰退與效能的降低。服用**倍健**有助於解決像這樣的營養缺乏症。

維生素及某些礦物質與微量元素是維持生物體正常機能所必須的重要活性成分。

乳清酸在**倍健**裡是以乳清酸二甲氨基乙醇以及乳清酸鎂的形式存在。乳清酸是生物體的一種物質，在蛋白質的新陳代謝中扮演重要的角色。

與乳清酸結合的二甲氨基乙醇，也在**倍健**裡發揮功效。這種物質是膽鹼/乙醯膽鹼在生物體內合成時的中間物質。不同於膽鹼的是，二甲氨基乙醇可以進入腦部協助神經傳導物質代謝。

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Vita Gerin Geistlich Capsules

Instructions for use, please read carefully!

Combination of active principles for the maintenance of physical and mental efficiency in aging persons

Properties

Vita Gerin contains a combination of vitamins, minerals and trace elements as well as other pharmacologically active substances such as orotates, rutin, adenosine and choline hydrogen tartrate.

Aging people often live on insufficient or unbalanced nutrition. This favours the occurrence of deficiencies which may be reflected by pathological manifestations and in particular by decreasing vigour and reduced efficiency. The ingestion of Vita Gerin can help in abolishing such deficiencies.

Vitamins are vital active principles essential to the normal functioning of the organism, as are certain minerals and trace elements.

Orotic acid, contained in Vita Gerin as 2-dimethylaminoethanol orotate and magnesium orotate, is a biological substance playing an important role in protein metabolism. The following effects were demonstrated in animal experiments and in man for orotic acid and for Vita Gerin, respectively:

- Increase in nucleic acid metabolism, both generally and in brain and nerve cells, which may lead to augmented liveliness and improvement of retentiveness.
- Increase in protein synthesis which counteracts the predominantly catabolic metabolism of old age.
- Protection against liver damage by noxae such as alcohol etc. And restoration of damaged liver function cells (parenchyma).
- Lowering of raised blood lipid values (cholesterol, triglycerides, total lipids) thus reducing one of the risk factors involved in the genesis of vascular diseases (arteriosclerosis).
- Improvement of pathologically altered vascular walls of mainly the small blood vessels (capillaries).

Also the dimenthylaminoethanol bound to orotic acid takes effect in Vita Gerin. This substance is an intermediate in the biological synthesis of choline/acetylcholine. Contrary to choline, dimethylaminoethanol passes the blood-brain barrier and is therefore also capable of influencing the disordered acetylcholine metabolism in the brain and nerve cells. Its principal action is a mild central stimulation which has a favourable effect in chronic fatigue, disorder of the autonomic nervous system and slight depressive moods.

Rutin is credited with a normalising activity in increased permeability of the small blood vessels, and adenosine exerts a regulating influence on cardiac blood flow and performance.

Indications

Prevention and treatment of deficiencies which may be reflected by diminishing physical and mental efficiency, particularly in the second half of life. Complains and conditions due to old age, such as chronic fatigue, sleep disorder, defective memory and nervousness.

Contraindications

Cumulation of iron, disordered utilisation of iron.

Side effects, intolerances

No serious intolerances or side effects have become known so far when taking the preparation at the dosage prescribed.

Dosage and mode of administration

One capsule or as instructed by the physician. A course of treatment should extend over 3 to 5 months, and to achieve permanent success, the course of treatment should be repeated after interval of 2 to 3 months. The capsules swallowed with a little liquid without chewing.

Vita Gerin should be taken daily with first meal.

Presentations and pack sizes

Capsules: Boxes of 10 and 30, bottles of 100.

Manufacturer:
Manufactured by
Catalent Germany Eberbach GmbH
DE-69412, Eberbach, Germany authorized by
Geistlich-Pharma AG, Wolhusen, Switzerland

Store drugs carefully and keep out of the reach of children!

Composition	
Active ingredients	per capsule
Dimenthylaminoaethanol(DMAE) - oroticum	22mg = 8.1mg DMAE
Magnesium - oroticum	100mg = 6.6mg Mg
Cholinum bitartaricum	50mg
Ca-Mg Inositolhexaphosphoricum	50mg
Adenosinum	2mg
Rutosidum	10mg
Calcium phosphoricum bibasicum	85mg
Ferrum fumaricum	30mg = 10.0mg Fe
Cuprum sulfuricum	2.8mg = 1.0mg Cu
Manganum sulfuricum	1.5mg = 0.5mg Mn
Vitamin A	10mg = 10000 IU
Vitamin B_1	10mg
Vitamin B_2	3mg
Vitamin B_6	5mg
Vitamin B_{12}	0.005mg
Nicotylamidum	10mg
Pantothenolum	10mg
Vitamin C	70mg
Vitamin D_3	0.4mg = 400 IU
Vitamin E	15mg