

Phlexy-Vits Tablets



Description

Tablets containing vitamins, trace elements, calcium, phosphorous and magnesium.



Nutrition Information	Per 100g of tablets	Per 5 tablets*	Per tablet
Energy kJ	69	5.9	1.2
kcal	17	1.4	0.3
Protein equivalent g	nil added	nil added	nil added
Carbohydrate g	0.6	0.05	0.01
as sugars g	0.4	0.03	0.01
Fat g	1.6	0.14	0.03
as saturates g	1.5	0.13	0.03
Fibre g	21	1.8	0.4
Vitamins			
Vitamin A g RE	9412	800	160
IU	31341	2664	533
Vitamin D µg	118	10	2
IU	4706	400	80
Vitamin E IU	159	13.5	2.7
mg α T.E.	106	9	1.8
Vitamin C mg	588	50	10
Vitamin K µg	824	70	14
Thiamin mg	14.1	1.2	0.24
Riboflavin mg	16.5	1.4	0.3
Niacin mg	235	20	4
Niacin equivalent mg NE	235	20	4
Vitamin B ₆ mg	18.8	1.6	0.32
Folic Acid µg	8235	700	140
Vitamin B ₁₂ µg	58.8	5	1
Biotin µg	1765	150	30
Pantothenic acid mg	58.8	5	1
Minerals			
Sodium mg	nil added	nil added	nil added
Potassium mg	nil added	nil added	nil added
Chloride mg	<20	<1.5	<0.3
mmol	<0.6	<0.5	<0.1
Calcium mg	11765	1000	200
Phosphorus mg	9118	775	155
Magnesium mg	3529	300	60
Calcium : Phosphorus	1.3:1		
Trace Elements			
Iron mg	178	15.1	3
Copper µg	17706	1505	301
Zinc mg	131	11.1	2.2
Manganese mg	17.6	1.5	0.3
Iodine µg	1765	150	30
Molybdenum µg	824	70	14
Selenium µg	882	75	15
Chromium µg	353	30	6

*5 tablets = daily dose for children over the age of 11 years and adults
(5 tablets = 8.5g)

Presentation

Tub contains 180 tablets, tablet weight is 1.7g



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Indications

Phlexy-Vits (tablets) may be used as the vitamin, mineral and trace element component of restrictive, therapeutic diets, and have been designed to meet the micronutrient requirements of older children (from approximately 11 years) and adults.

Phlexy-Vits (tablets) can form part of the Phlexy-10 system for use in the dietary management of phenylketonuria.

Precautions

Must only be used under strict medical supervision. Not intended for use as the sole source of nutrition. Tablet format is not suitable for those under the age of eight years. Not for parenteral use.

Preparation and administration

The recommended dosage of Phlexy-Vits (tablets) is dependent on the age, body weight and medical condition of the patient.

The suggested dose is five tablets per day for children over the age of 11 years and adults. The suggested dose may need lowering if vitamins, minerals and trace elements are provided in the diet from other sources.

Phlexy-Vits (tablets) are designed for use with the Phlexy-10 System.

Storage

Store in a cool, dry place. Once opened, store tablets at <25°C, in dry conditions.

Ingredients

Calcium hydrogen phosphate, magnesium acetate, microcrystalline cellulose, stearic acid, hydroxypropyl methyl cellulose, magnesium stearate, ascorbic acid, ferrous sulphate, dextrose, colours (E171, E172), zinc sulphate, nicotinamide, DL-alpha tocopheryl acetate, glycerol, copper gluconate, calcium-D-pantothenate, manganese sulphate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, vitamin A acetate, folic acid, potassium iodide, sodium molybdate, sodium selenite, D-biotin, chromium chloride, vitamin K1, vitamin D3, cyanocobalamin.