

MEGA-Z

Omega-3 with Vitamins

20 Tablets

COMPOSITION:

Serving per tablets:

| | | | |
|-----------------|---------|------------------|--------|
| Fish Oil | 300 mg | Vitamin D3 | 400 IU |
| Vitamin A | 400 mcg | Vitamin C | 50 mg |
| Vitamin E | 12.5 mg | | |

SUPPLEMENT FACTS:

MEGA-Z provides the original fully comprehensive multivitamin formula which delivers the essential vitamins plus an additional Omega-3. **MEGA-Z** provides Omega -3 with 300mg DHA. **MEGA-Z** contains high purity fish oil, which are a rich source of the important Omega-3 fatty acids, DHA and EPA. DHA is especially important during pregnancy as it contributes to normal brain and eye development of the foetus. One **MEGA-Z** Omega-3 tablets per day provides 300 mg DHA, the exact level recommended by international experts in lipid nutrition for pregnant and lactating women.

The Importance of Omega-3 fatty acids:

Adults can obtain DHA and EPA indirectly through the conversion of the essential fatty acid alpha-linoleic acid (ALA), present in vegetable oils such as linseed but this process is very inefficient. Fish oils provide a much more reliable, direct source of DHA and EPA. The foetus and infant in early life need to receive these fatty acids directly as they only have a limited capability to convert essential fatty acids to more active long chain fatty acids such as DHA.

Vitamin D in pregnancy:

The UK Department of Health advises a supplement of vitamin D3 during pregnancy and breast-feeding and lactating women.

Vitamin E in Pregnancy:

Vitamin E contributes to the protection of cells from oxidative stress.

Vitamin A & C in Pregnancy:

MEGA-Z contains a Vitamin A & C that are involved in fetal development, especially the bones, teeth, skin, blood vessels and vision. Vitamin A helps in tissue maintenance and development (cell growth) in pregnancy.

WARNING:

- It is recommended not to exceed from the prescribed dose.
- The product should be used following well balanced diet & adopting a healthy life style.
- Store below 30°C.
- Protect from heat and direct sunlight.
- Keep away from the reach of children.

۳۰ ڈگری سینٹی گریڈ سے کم درجے حرارت پر رکھیں۔
دھوپ اور گرمی سے بچائیں۔
بچوں کی پہنچ سے دور رکھیں۔

PRESENTATION:

MEGA-Z: Pack of 20 Tablets

Manufactured By:
MediFormers
A Nutraceutical Company
9-D, P.S.I.E. 46-KM
Lahore Kasur Road
DRAP Enlistment No. 550

Marketed by:
Albert Pharmaceuticals (Pvt.) Ltd.
127 - Sundar Industrial Estate,
Raiwind Road, Lahore, Pakistan.