



#### Presentation

**MULTI SEAS:** Each liquid-filled hard gelatin capsule contains Cod Liver Oil (Type - A) BP 0.30 ml (which contains vitamin A 600 IU, vitamin D 85 IU, omega-3 fatty acids) and Vitamin E (as excipient)

#### Indications

Cod liver oil relieves of joint pains and stiffness. It is used as prophylaxis for vitamin A & D deficiency. For dietary supplementation in pregnancy, infancy, childhood & for adults with poor diet. Cod liver oil builds a healthy body, sturdy bones, strong teeth & supports healthy skin. Cod liver oil increases resistance against coughs, colds and other infections. It has anti-thrombotic, anti-arrhythmic, anti-inflammatory, anti-hypertensive effects. It decreases triglycerides and increases high density lipoproteins, facilitates the normal growth, development & function of the fetus and infant's central nervous system. It also improves the symptoms of rheumatoid arthritis depression and schizophrenia.

#### Dosage and Administration

**Adults & children over 6 years:** 1 - 2 **MULTI SEAS** capsules 3 times daily with meals; **Children (under 6 years):** As directed by the registered physician; **Pregnant & lactating women:** 1 capsule 3 times daily with meals.

#### Contraindications

Hypervitaminosis of vitamin A and/or D and the patients who are hypersensitive to vitamin A and/or D. It should not be used in patients having hypercalcemia.

#### Precautions

Caution should be exercised in those with chronic renal failure or during renal dialysis & the patients having hepatomegaly & raised ESR.

#### Side Effects

Prolonged usage of large amounts can lead to hypervitaminosis, symptoms of which include dry mouth, rough skin, painful joints swelling, fatigue, anorexia, loss of weight, vomiting and other gastrointestinal disturbances and hypercalcemia, symptoms of which include thirst, dehydration, polyuria, nocturia, abdominal pain, paralytic ileus and cardiac arrhythmias. These may disappear on discontinuation of supplementation.

#### Drug Interactions

Cod liver oil should not be taken in conjunction with anti-coagulant medications.

#### Use in Pregnancy and Lactation

Moderate dose of vitamin A (8000-10000 IU) is safe in pregnancy & lactation.

#### Overdose

Unknown.

#### Storage Conditions

Store in a cool and dry place. Keep away from light and out of the reach of the children.

#### Commercial Pack

Each air tight container contains 50 liquid-filled hard gelatin capsules.

Manufactured by :

**GENERAL**  
Pharmaceuticals Ltd.  
Gazipur, Bangladesh

