

# UNITED AFRICAN LABORATORY LTD

Registered Office  
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Mailing Address:  
2 Modupeola Street,  
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## Summary of Product Characteristics (SMPC)

### NAME OF THE MEDICINAL PRODUCT

HB12 Kid Chewable

2. **QUALITATIVE AND QUANTITATIVE:** Omega 3 (0.5mg), Choline (0.1mg) and Inositol (0.1mg)

**PHARMACEUTICAL FORM:** Tablet

### CLINICAL PARTICULARS :

**Omega-3 fatty acids** have many potential benefits for your cardiovascular health. One key benefit is that they help lower your triglyceride levels. Too many triglycerides in your blood (hypertriglyceridemia) raises your risk of atherosclerosis, and through this, can increase your risk of heart disease and stroke. So, it's important to keep triglyceride levels under control. In addition, omega-3s may help you by raising your HDL (good) cholesterol and lowering your blood pressure.

**Choline :** This is found naturally in a wide range of foods in the free and esterified form and betaine is also available directly from the diet. It helps to improve cognitive and neurological function in offspring.

**Inositol :** Combining omega-3 fatty acids with inositol reduced symptoms of mania and depression in children aged 5–12 years.

**Posology and method of administration:** 1 or 2 tablets to be chewed daily.

4. **Contraindications:** Hypersensitivity to any of the active ingredients or excipients

5. **Special warnings and precautions:** Before taking this product, tell your doctor or pharmacist if you are allergic to any of its ingredients; or if you have any other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems.

#### 5.1 Interaction with other medicinal products and other forms of interaction with Antibiotics:

Drug interactions may change how your medications work or increase your risk for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor

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and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval.

If your brand of multivitamin also contains iron, avoid taking this product at the same time as antacids, bisphosphonates (for example, alendronate), levodopa, thyroid medications (for example, levothyroxine), or some antibiotics (for example, tetracyclines, quinolones such as ciprofloxacin). Ask your doctor or pharmacist about how long you should wait between doses and for help finding a dosing schedule that will work with all your medications.

**5.2 Pregnancy and lactation:** Pregnancy: No adverse effects have been reported with ingestion of normal daily requirements during pregnancy. It improves the baby eyes and brain growth and early development.

5.3 Lactation: No adverse effects have been reported to date with intake of normal required doses during lactation.

**6. Effects on ability to drive and use machines:** No negative influence on the ability to drive and use machines.

**7. Undesirable effects:** Administration of HB 12 kid chewable can cause Constipation, diarrhea, or upset stomach may occur. These effects are usually temporary and may disappear as your body adjusts to this medication. If any of these effects last or get worse, tell your doctor or pharmacist promptly.

**8. Overdose Symptoms:** Headache, Nausea and vomiting, Diarrhea, Fatigue or weakness.

**9. Treatment of toxicity following recent ingestion:** If a person suspects a HB 12 kid chewable overdose, they can contact their local poison control Centre for advice, unless a poison control representative or a healthcare professional provides alternative advice, the person should drink a glass of milk.

**10. Pharmacological properties: HB12 kid chewable is very** important for maintaining your child's overall health and are especially beneficial for kids' brain health.

**10.1 Volume of distribution:** Cobalamin is distributed to tissues and stored mainly in the liver and bone marrow.

**10.2 . Preclinical safety data:** No data of relevance which is additional to that already included in other sections of the SmPC.

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## 11. PHARMACEUTICAL PARTICULARS

11.1. List of excipients: Omega 3 0.5mg, Choline Bitartrate 0.1mg, Inositol 0.1mg, vitamin B12 (Cyanocobalamin) 20mcg, Vitamin E (DL-Alpha Tocopherol), haemoglobin 0.5mg, calcium gluconate 1.0mg, Zinc gluconate 1.25mg, Vitamin C (Ascorbic Acid) 40.0mg

### Marketing Authorisation Holder

United African Laboratories Ltd.  
9 Tebun Bisiriyu Street, Shasha Lagos State.