

**FERTILION F**  
**(Myo-Inositol, D-Chiro-Inositol, Folic acid, Vitamin C and Selenium Capsules)**

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has prescribed you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.
- You must talk to a doctor if you do not feel better or if you feel worse.

**What is in this leaflet?**

- a) What FERTILION F is and what it is used for
- b) What you need to know before you take FERTILION F
- c) How to take FERTILION F
- d) Possible side effects
- e) How to store FERTILION F
- f) Further information

**A) What FERTILION F is and what it is used for**

FERTILION F is a supplement for women that contain Myo-Inositol, D-Chiro-Inositol, Folic acid, Vitamin C and Selenium.

FERTILION F can be used when one wants to get pregnant, since it increases fertility. It is also used to supports proper hormone balance, ovarian function, egg quality and regulates the menstrual cycle and it assists in the process of ovulation. Myo-inositol and D-Chirro-Inositol acts as an insulin-sensitizing agent, Folic acid helps to prevent neural birth defects and maintain new cells. Vitamin C is also used for glaucoma, has antioxidant properties, which prevents cells from damage. Selenium is

an antioxidant that is important for fertility in both men and women. Evidence reflects that selenium supplements may reduce the odds of prostate cancer.

**B) Before you take FERTILION F**

- Be sure to follow the instructions from your physician about exactly when and how to take these medications.
- Tell your doctor if you are pregnant or plan on getting pregnant.
- Taking vitamins and mineral supplements in large doses may cause side effects including women who are pregnant or breastfeeding, people who consume alcohol, drug users and the elderly
- Avoid, If you are Hypersensitive to this medicine or any ingredients of medicine
- Some Supplements may affect other medical conditions or treatments. If you have any health issues, or if you are taking other medications do not consume this medicine without consulting your doctor

**Take special care with Fertilion-F****Taking using other medicines**

Please tell your doctor, health care provider or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription

Taking Using Fertilion –F with food and drink

**Pregnancy and breast-feeding**

Ask your doctor, health care provider or pharmacist for advice before taking any medicine

**Driving and using machines**

No studies on the effects on the ability to drive and use machines have been performed. An effect on the ability to drive and operate machines is unknown.

### **C) How to take FERTILION-F**

**Dosage:** One capsule twice daily after food or as directed by the physician, always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

Consult with your doctor or pharmacist if you are not sure.

#### **If you take more FERTILION F than you should**

Higher dose leads to nausea, Stomach pain, headache, irritability, nail discoloration, dizziness and tiredness.

#### **If you forget to take FERTILION F**

Do not take a double dose to make up for a forgotten dose

#### **If you stop taking FERTILION F**

If you have any further questions on the use of this product, ask your <doctor, health care provider or pharmacist

### **D) Possible side Effects**

This medicine can cause possible side effects, although not everybody gets them. Undesirable effects are more likely with higher doses and longer duration of treatment. Possible side effects includes abdominal discomfort, Flatulence, Nausea, Vomiting, mood changes, including mood swings, anxiety, and depression.

### **E) How to store FERTILION-F**

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the packs after EXP. The expiry date refers to the last day of that month.

Store in a cool, dry place below 30°C.

Protect from direct sunlight.

Store in the original container

**F) Further information**

**Fertilion F capsules contains**

**Active Ingredients:**

Inositol (Myo-Inositol), D-Chiro-Inositol, Vitamin C (Ascorbic acid), Para amino benzoic acid  
Vitamin B9 (Folic acid), L-Arginine, Vitamin B1 (Thiamine Mononitrate), Vitamin  
B6(Pyridoxine Hcl), Vitamin B2(Riboflavin), Methylcobalamin, Retinol, Vitamin D3, Vitamin E  
(dl alpha tocopheryl acetate), Magnesium, Zinc, Iron, Copper, Manganese, Selenium, Iodine,  
Chromium, Butylated Hydroxy anisole, Butylated Hydroxy toluene, Hydrogenated Vegetable oil,  
Yellow Bees wax , Soya Lecithin, Soya bean oil.

**In-active ingredients:**

Gelatin, Glycerol, Sorbitol 70% Solution, Methyl Paraben, Fumaric acid, Red oxide of iron, Black  
oxide of Iron.

**Pharmaceutical Form:**

Brown coloured oblong shaped opaque soft gelatin capsules containing yellowish brown coloured  
oily mass.

**Packing available:**

Fertilion F capsules are packed in 2 x 15's Blister Pack in a Carton along with pack Insert.

**Manufactured in India by:**

**SOFTGEL HEALTHCARE PVT LIMITED**

Survey no. 20/1, vandalur- kelambakkam road,  
Pudupakkam village, Kancheepuram district- 603 103,  
Tamilnadu. India

**Marketing Authorisation holder**

**GALAXY PHARMACEUTICALS**

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