GCMA Code: PP-BPF-IND-0189 Dated: 28/03/2023

References

- 1. Stathopoulou MG, Kanoni S, Papanikolaou G, Antonopoulou S, Nomikos T, Dedoussis G. Mineral intake. In: Bouchard C, Ordovas JM, editors. Progress in Molecular Biology and Translational Science. Volume 108.

 Academic Press; 2012. p. 201-236. [Accessed on 2023 Mar 9]. Available from: https://www.sciencedirect.com/science/article/abs/pii/B9780123983978000095?via%3Dihub
- 2. NHS Inform Scotland. Vitamins and Minerals [Internet]. NHS Inform Scotland; [Accessed on 2023 Mar 9]. Available from: https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/vitamins-and-minerals#:~:text=Minerals%20are%20necessary,eat%20into%20energy
- 3. Farag MA, Abib B, Qin Z, Ze X, Ali SE. Dietary macrominerals: Updated review of their role and orchestration in human nutrition throughout the life cycle with sex differences. Curr Res Food Sci. 2023;6. [Accessed on 2023 Mar 9]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9932710/
- #:~:text=These%20minerals%20are%20usually%20classified%20into,Ni)%20(Morris%20and%20Mohiuddin%2C%202021).
- 4. Agency for Healthcare Research and Quality. Fluid and Electrolyte Balance [Internet]. Effective Health Care Program; Accessed on 2023 Mar 9]. Available from: https://effectivehealthcare.ahrq.gov/health-topics/fluid-and-electrolyte-balance#:~:text=Electrolytes%20are%20minerals,fluids%20you%20drink.
- 5. Palacios C. The role of nutrients in bone health, from A to Z. Crit Rev Food Sci Nutr. [Accessed on 2023 Mar 9]. Available from: https://pubmed.ncbi.nlm.nih.gov/17092827/

#:~:text=The%20process%20of,the%20B%20vitamins.

- 6. American Academy of Orthopaedic Surgeons. Calcium Nutrition and Bone Health [Internet]. Ortholnfo; [Accessed on 2023 Mar 9]. Available from: <a href="https://orthoinfo.aaos.org/en/staying-healthy/calcium-nutrition-and-bone-health/#:~:text=Calcium%20is%20a%20mineral%20that%20people%20need%20to%20build%20and%20maintain%20strong%20bones%20and%20teeth.
 %20lt%20is%20also%20very%20important%20for%20other%20physical%20functions%2C%20such%20as%20muscle%20control%20and%20blood%20circulation.
- 7. UCSF Health. Hemoglobin and Functions of Iron [Internet]. San Francisco (CA): UCSF Health; [updated 2021 Apr 23; cited 2023 May 3]. Available from: https://www.ucsfhealth.org/education/hemoglobin-and-functions-of-iron#
- 8. Weyh C, Krüger K, Peeling P, Castell L. The Role of Minerals in the Optimal Functioning of the Immune System. Nutrients. 2022 Mar;14(3):644. [Accessed on 2023 Mar 9]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8840645/
 - $\#: \sim : text = Adequate \% 20Zn \% 20up take \% 20is \% 20important \% 20for \% 20the \% 20functioning \% 20of \% 20both \% 20the \% 20innate \% 20and \% 20the \% 20adaptive \% 20immune \% 20system.$
- 9. Ros E. Health Benefits of Nut Consumption. Nutrients [Internet]. 2010 Jul;2(7):652-682. [Accessed on 2023 Mar 9]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257681/
 #:~:text=parts%20%5B40%5D.-,Table%202,nuts%20and%20other%20foods%20in%20mg/100%20g%20of%20edible%20portion.,-Nuts.
- 10. Réhault-Godbert, S., Guyot, N., & Nys, Y. (2019). The Golden Egg: Nutritional Value, Bioactivities, and Emerging Benefits for Human Health. Nutrients, 11(3) [Accessed on 2023 Mar 9]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6470839/#:~:text=Egg%20minerals%20and%20trace%20elements%20(average%20content%3B%20mg/100g)%201.
- 11. Górska-Warsewicz, H., Rejman, K., Laskowski, W., & Czeczotko, M. (2019). Milk and Dairy Products and Their Nutritional Contribution to the Average Polish Diet. Nutrients, 11(8).[Accessed on 2023 Mar 9]

 Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723869/#:~:text=a%20separate%20window-,Table%206,-Dairy%20sources%20of
- 12. Cormick, G., & Belizán, J. M. (2019). Calcium Intake and Health. Nutrients, 11(7).[Accessed on 2023 Mar 9]. p. 209-29. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6683260/
 #:~:text=Calcium%20intake%20is%20usually,mg%20per%20100%20g.
- 13. Texas Heart Institute. Minerals: What They Do, Where to Get Them. Texas Heart Institute [Accessed on 2023 Mar 9]. Available from: https://www.texasheart.org/heart-health/heart-information-center/topics/minerals-what-they-do-where-to-get-them/#:~:text=Mineral,Good%20Sources
- 14. Pollock, R. L. (2016). The effect of green leafy and cruciferous vegetable intake on the incidence of cardiovascular disease: A meta-analysis. JRSM Cardiovascular Disease, 5. [Accessed on 2023 Mar 9]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4973479/#:~:text=Eight%20studies%20met,of%20cardiovascular%20disease.
- 15. Margier, M., Georgé, S., Hafnaoui, N., Remond, D., Nowicki, M., Chaffaut, L. D., Amiot, J., & Reboul, E. (2018). Nutritional Composition and Bioactive Content of Legumes: Characterization of Pulses Frequently Consumed in France and Effect of the Cooking Method. Nutrients, 10(11). [Accessed on 2023 Mar 9]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6266829/
 #:~:text=cooked%20kidney%20beans
- 16. Tardy, L., Pouteau, E., Marquez, D., Yilmaz, C., & Scholey, A. (2020). Vitamins and Minerals for Energy, Fatigue and Cognition: A Narrative Review of the Biochemical and Clinical Evidence. Nutrients, 12(1).

 [Accessed on 2023 Mar 9]. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7019700/
 - #:~:text=Vitamin%20C%2C%20Iron%20and%20Magnesium%20Are%20Also%20involved%20in%20Energy%2DYielding%20Metabolism
- 17. National Center for Complementary and Integrative Health. (n.d.). Vitamins and Minerals [Accessed on 2023 Mar 9]. Available from: <a href="https://www.nccih.nih.gov/health/vitamins-and-minerals#:~:text=A%20number%20of%20minerals%20are%20essential%20for%20health%3A%20calcium%2C%20phosphorus%2C%20potassium%2C%20sodium%2C%20chloride%2C%20magnesium%2C%20iodine%2C%20sodium%2C%20cobalt%2C%20copper%2C%20fluoride%2C%20manganese%2C%20and%20selenium.
- 18. MedicineNet. (n.d.). The 13 Essential Minerals [Accessed on 2023 Mar 9]. Available from: https://www.medicinenet.com/13_essential_minerals/ article.htm#:~:text=also%20be%20taken.-,The%2013%20essential%20minerals,-Thirteen%20essential%20minerals
- 19. Becosules Performance LPDBPE122019

BECOSULES PERFORMANCE SUMMARY OF PRESCRIBING INFORMATION

Before prescribing, please refer to the full product information of BECOSULES PERFORMANCE

Generic name: Essential Minerals, Amino-Acids and Vitamins with Natural Extracts Capsules. ®Trademark Proprietor: Pfizer Products Inc., USA. Licensed User: Pfizer Limited, India. Brand name of product: BECOSULES ® PERFORMANCE ® Trademark Proprietor: Pfizer Products Inc., USA, Licensed User: Pfizer Limited, India Health Recommendations: During certain physiological and pathological conditions including stress, the body's need for micro- and macro-nutrients may not be met by diet alone. Becosules Performance helps to bridge the gap between the body's requirement and the dietary intake. The ingredients of Becosules Performance may have a role in improvement of general weakness and fatigue resulting from oxidative stress on body, decreased immunity or imbalance in stress hormones. Not for medicinal use. Pharmaceutical Form: Each 1.160 g (one soft gelatin capsule) contains approximately: Ginseng Extract Powder 21.25 mg, Citrus Bioflavonoids 12.5 mg, Green Tea Extract 10 mg, Carotenoids (Beta-carotene, Lutein and Zeaxanthin) as mixed carotenoids 10% Dispersion 5 mg, Garlic Powder 2 mg, Lycopene 10% Dispersion 2 mg, Vitamin C 25 mg, Niacinamide 15 mg, Vitamin E 9.09 mg, Pantothenic Acid 4.5 mg, Vitamin B1 1 mg, Vitamin B2 1 mg ,Vitamin B6 0.5 mg ,Vitamin A 480.48 mcg ,Vitamin K 55 mcg ,Folic acid 50 mcg ,Biotin 30 mcg, Vitamin D3 200 ,Vitamin B12 0.5 mcg ,Zinc 11 mg ,Iron 10 mg ,Potassium 10 mg ,Chloride 9.07 mg ,Manganese 4 mg ,Calcium 3.86 mg ,Copper 1.7 mg ,Iodine 150 mcg ,Chromium 50 mcg ,Selenium 40 mcg ,Molybdenum 40 mcg ,Choline Bitartrate 25 mg ,L-Methionine 22 mg ,L-Glutamic Acid 20 mg ,L-Lysine 19.6 mg, L-Cysteine 5 mg, L-Carnitine 5 mg. Dosage: One capsule daily. This product is not intended to diagnose, treat, cure or prevent any disease. Use in Children: Becosules Performance is recommended for adults above 18 years only Method of Administration: Oral Contraindications: Not recommended if Allergy (hypersensitivity) to any ingredient of Becosules Performance. Warnings and Precautions: Excessive intake of vitamins A and D can lead to hypervitaminosis A and D respectively. Caution should be exercised when supplements containing vitamin K are administered in individuals on anti-coagulant therapy like warfarin and other coumarin derivatives, as vitamin K could make warfarin less effective. In such situations, the consumer should take the guidance of their treating physician. Riboflavin in Becosules Performance may color the urine yellow. Iron in Becosules Performance may give black coloration to faeces. Keep out of reach of children. Use in Special population: Consult your doctor in case you are pregnant, lactating or taking any other medicine. Adverse reactions: The active ingredients in Becosules Performance are all nutrients normally available in the diet. There is very little observed and documented evidence of undesirable effects with these ingredients (except iron) in the quantity recommended for the product. However, the chance of an allergic (hypersensitivity) reaction to any of the ingredients, though remote, cannot be completely ruled out. Drug interactions: Per recommended usage/intake, interactions are unlikely and have not been reported. Storage Condition: Store in a dry place below 25 °C. Protect from direct sunlight. Keep out of reach of children.

LPD version- LPDBPE122019

BECOSULES ® PERFORMANCE ®Trademark Proprietor: Pfizer Products Inc., USA, Licensed User: Pfizer Limited, India

Full product information available on request. Kindly consult your physician for more details.

