

Uriviga B6 Tablet

Potassium Citrate (978mg) + Magnesium Citrate (263.10mg) + Vitamin B6 (Pyridoxine) (15mg) Tablet

Description

This combination tablet provides essential electrolytes and vitamins to support overall health, particularly for managing and preventing deficiencies in potassium and magnesium, improving muscle function, and promoting nerve health. The formulation combines Potassium Citrate, Magnesium Citrate, and Vitamin B6 (Pyridoxine) to help manage conditions associated with electrolyte imbalance, muscle cramps, fatigue, and poor nerve function. It is widely used to maintain fluid balance, improve energy levels, and support a healthy heart.

Composition

Each tablet contains:

- Potassium Citrate – 978mg
 - Magnesium Citrate – 263.10mg
 - Vitamin B6 (Pyridoxine) – 15mg
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Pharmacological Action

- **Potassium Citrate:** Potassium is a vital electrolyte that helps maintain proper fluid balance, supports nerve and muscle function, and plays a role in maintaining normal blood pressure. It helps prevent hypokalemia (low potassium levels) and supports proper heart function.
- **Magnesium Citrate:** Magnesium is essential for muscle and nerve function, energy production, and regulating blood pressure. It helps prevent hypomagnesemia (low magnesium levels), muscle spasms, and promotes relaxation. Magnesium citrate is easily absorbed by the body and helps reduce muscle cramps and stress.

- **Vitamin B6 (Pyridoxine):** Vitamin B6 is important for protein metabolism, neurotransmitter synthesis, and the production of red blood cells. It plays a significant role in supporting nerve health, combating fatigue, and aiding in the absorption of both magnesium and potassium.
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Indications

- **Potassium Deficiency:** To help restore normal potassium levels and prevent or treat hypokalemia (low potassium).
 - **Magnesium Deficiency:** To prevent and treat hypomagnesemia (low magnesium), which can cause muscle cramps, weakness, and fatigue.
 - **Muscle Cramps and Spasms:** To relieve cramps caused by potassium or magnesium deficiency, particularly for those with leg cramps, muscle weakness, or muscle tension.
 - **Fatigue:** To combat general fatigue, especially when caused by electrolyte imbalances or poor nerve function.
 - **Nerve Health:** To support the nervous system and reduce the risk of peripheral neuropathy or stress-related disorders.
 - **Cardiovascular Support:** To help maintain normal heart rhythm and support healthy blood pressure by balancing potassium and magnesium levels.
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Dosage and Administration

- **Adults:**
 - Take 1 tablet once or twice daily, or as directed by a healthcare provider.
 - The tablet should be taken with water and can be consumed with or without food.
 - For specific conditions, the dosage may be adjusted by a healthcare provider based on individual needs.
- **Children:**
 - This product is generally recommended for adults and should be

used under medical supervision in children. The dosage for children will depend on age and medical conditions, as prescribed by a doctor.

- **Magnesium-containing medications:** May affect the absorption of other medications, such as certain antibiotics or bisphosphonates. It is advised to separate the intake of these medications by at least 2 hours.
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Contraindications

- **Hypersensitivity to any ingredient in the formulation.**
 - **Severe Kidney Disease:** Patients with impaired kidney function should avoid potassium and magnesium supplementation unless advised by a healthcare provider.
 - **Hyperkalemia (High Potassium Levels):** Not recommended for individuals with high potassium levels.
 - **Heart Conditions:** Patients with certain heart conditions or arrhythmias should avoid potassium supplementation unless prescribed by a doctor.
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Warnings and Precautions

- **Kidney Function:** Caution is advised for individuals with kidney disorders, as excess potassium and magnesium can lead to dangerous electrolyte imbalances. Monitoring of kidney function is recommended for long-term use.
 - **Heart Conditions:** Patients with cardiac arrhythmias or a history of irregular heartbeats should be monitored carefully when taking potassium and magnesium supplements.
 - **Pregnancy and Lactation:** This product should be used during pregnancy or lactation only if prescribed by a healthcare provider, as excessive potassium and magnesium intake may not be safe during these conditions.
 - **Drug Interactions:**
 - **Potassium-Sparing Diuretics (e.g., spironolactone):** May increase potassium levels and lead to hyperkalemia.
 - **ACE Inhibitors, Angiotensin Receptor Blockers (ARBs):** These can also increase potassium levels, so careful monitoring is needed.
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Side Effects

- **Common Side Effects:**
 - Nausea, upset stomach, or abdominal discomfort
 - Diarrhea or loose stools (more common with magnesium supplementation)
 - Mild abdominal bloating or cramps
- **Serious Side Effects (rare):**
 - **Hyperkalemia (high potassium):** Symptoms include muscle weakness, irregular heartbeat, and fatigue.
 - **Hypermagnesemia (high magnesium):** Symptoms include dizziness, low blood pressure, nausea, and irregular heartbeats.
 - Allergic reactions, including rash, swelling, or difficulty breathing (rare).

If any serious side effects occur, discontinue use and seek medical attention immediately.

Storage Instructions

- Store in a cool, dry place, away from direct sunlight and moisture.
 - Keep out of reach of children.
 - Do not use after the expiration date mentioned on the label.
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Presentation

- **Form:** Tablet
 - **Pack Size:** Available in bottles of 30, 60, or 100 tablets.
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Conclusion

Potassium Citrate (978mg) + Magnesium Citrate (263.10mg) + Vitamin B6 (Pyridoxine) (15mg) Tablet is an effective combination for restoring and maintaining proper electrolyte balance. It is ideal for individuals suffering from deficiencies in potassium or magnesium, muscle cramps, fatigue, and stress. By supporting nerve health, heart function, and overall energy levels, this supplement can improve quality of life when used as directed. Always follow the prescribed dosage and consult a healthcare provider if you have underlying health conditions or are taking other medications.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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