

Those with low levels may be more likely to complain of fatigue, diminished energy, and confusion. Scientific evidence and clinical experience suggest that magnesium supplements may help relieve symptoms associated with PMS, particularly bloating, leg swelling, weight gain, and breast tenderness. Preliminary information suggests that magnesium may be helpful for alleviating mood swings as well. With low magnesium in their diet may be at greater risk for stroke. Some preliminary scientific evidence suggests that magnesium sulphate may be helpful in the treatment of a stroke or transient ischemic attack (TIA; a temporary disturbance of blood supply to an area of the brain). More research is needed to know for certain if use of this mineral following a stroke or TIA is helpful.

FOLIC ACID- Folic acid helps prevent birth defects of the brain and spinal cord when taken before the end of early pregnancy. It is available in most multivitamins, as a folic acid-only supplement and in some foods. Folic acid is a naturally occurring B vitamin that helps a baby's neural tube - the part of a developing baby that becomes the brain and spinal cord - develop properly. It must be taken before and during early pregnancy when the neural tube is developing. Folic acid works, but it only works if taken before and during the first few weeks of pregnancy, when the neural tube is developing into the brain and spinal cord. When the neural tube does not close properly, a baby is born with a very serious birth defect called a neural tube defect (NTD). About 3,000 pregnancies are affected by NTDs each year in the United States. If all women took adequate folic acid before conception and during pregnancy, 50 to 70 percent of NTDs could be prevented. In recent years, doctors have come to realize that folic acid is very important for everyone in maintaining health. It has long been known that folic acid plays an important role in the production of normal red blood cells. Some recent studies suggest that folic acid may help prevent stroke and some cancers.

VITAMIN-C- has known benefits in strengthening the immune system, antiviral effects.

CYANOCOBALAMINE- Vitamin B12's primary functions are in the formation of red blood cells and the maintenance of a healthy nervous system. B12 is necessary for the rapid synthesis of DNA during cell division. This is especially important in tissues where cells are dividing rapidly, particularly the bone marrow tissues responsible for red blood cell formation. If B12 deficiency occurs, DNA production is disrupted and abnormal cells called megaloblasts occur. This results in anaemia. Symptoms include excessive tiredness, breathlessness, listlessness, pallor, and poor resistance to infection. Other symptoms can include a smooth, sore tongue and menstrual disorders. Anaemia may also be due to folic acid deficiency, folic acid also being necessary for DNA synthesis.

B12 is also important in maintaining the nervous system. Nerves are surrounded by an insulating fatty sheath comprised of a complex protein called myelin. B12 plays a vital role in the metabolism of fatty acids essential for the maintenance of myelin. Prolonged B12 deficiency can lead to nerve degeneration and irreversible neurological damage.

VITAMIN B1- Vitamin A (retinol) is necessary for the function of light-sensitive nerve cells (photoreceptors) in the eye's retina. It also helps keep the skin and the lining of the lungs, intestine, and urinary tract healthy and protects against infections

VITAMIN B6- Vitamin B6 (pyridoxine) is essential for the metabolism of carbohydrates, amino acids, and fats (lipids), as well as for normal nerve function and for the formation of red blood cells. It also helps keep the skin healthy.

VITAMIN B2- It is required by the body to use oxygen and the metabolism of amino acids, fatty acids, and carbohydrates. Riboflavin is further needed to activate vitamin B6 (pyridoxine), helps to create

niacin and assists the adrenal gland. It may be used for red blood cell formation, antibody production, cell respiration, and growth. It eases watery eye fatigue and may be helpful in the prevention and treatment of cataracts. Vitamin B2 is required for the health of the mucus membranes in the digestive tract and helps with the absorption of iron and vitamin B6.

FERROUS FUMERATE- Anaemia is when a person does not have enough red blood cells or the proper concentration of haemoglobin (iron-containing portions of red blood cells). These deficiencies occur when the body either does not make enough red blood cells or destroys too many red blood cells. One of the major functions of red blood cells is to carry oxygen throughout the body. A decrease in red blood cells means the body's tissues don't get enough oxygen, causing the symptoms of anaemia. There are several different types of anaemia. The most common are iron deficiency anaemia, megaloblastic anaemia (caused by lack of some B vitamins), and anaemia of chronic disease. Ferrous fumarate is a type of iron. You normally get iron from the foods you eat. In your body, iron becomes a part of your hemoglobin (HEEM o glo bin) and myoglobin (MY o glo bin). Hemoglobin carries oxygen through your blood to tissues and organs. Myoglobin helps your muscle cells store oxygen. Ferrous fumarate is used to treat iron deficiency anaemia (a lack of red blood cells caused by having too little iron in the body).

THIS IS HOW THE NAME HEM-9 IS BEEN FORMED.THE SOFT GEL CAPSULES THAT INCREASES THE HEMOGLOBIN LEVEL.Manufactured in India by Sai Mirra Innopharm Pvt. Ltd.

288, SIDCO Estate
Ambattur, Chennai 600 098
Tamil Nadu

Registered Product of :
SAI MIRRA NIGERIA LTD
6-B, Adeakinsanya Avenue
Ilupeju Estate, Lagos-Nigeria

Exported by:
SHRIDI MIRRA IMPEX
2/4 10th Cross Street
Dhandeeswaram Nagar
Velachery-60 0042, India.