

## Information For the Use

Vitamin B1 1.4mg + Vitamin B2 1.6mg + Vitamin B6 1.5mg + Vitamin B12 1mcg + Niacinamide 18mg + Calcium 92mg + Zinc 6mg + Copper 0.35mg + Folic Acid 150mcg Capsules

# Becohype Plus Capsule

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**Category: Multivitamin and Mineral Supplement**

**Dosage Form: Oral Capsule**

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### Description:

This combination capsule contains essential vitamins and minerals designed to support overall health, energy metabolism, immunity, and proper functioning of the nervous system. It is especially useful in addressing deficiencies and promoting general well-being.

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### Composition Per Capsule:

- **Vitamin B1 (Thiamine): 1.4mg**
  - **Vitamin B2 (Riboflavin): 1.6mg**
  - **Vitamin B6 (Pyridoxine): 1.5mg**
  - **Vitamin B12 (Cyanocobalamin): 1mcg**
  - **Niacinamide: 18mg**
  - **Calcium: 92mg**
  - **Zinc: 6mg**
  - **Copper: 0.35mg**
  - **Folic Acid: 150mcg**
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### Indications:

1. **Energy Metabolism:** Helps convert food into energy by supporting carbohydrate, fat, and protein metabolism.
  2. **Nervous System Health:** Promotes healthy nerve function and prevents conditions like neuropathy.
  3. **Immune Support:** Enhances immune system function through zinc and copper.
  4. **Bone and Muscle Health:** Calcium supports bone density and muscle contraction.
  5. **Pregnancy Support:** Folic acid helps prevent neural tube defects during pregnancy.
  6. **Skin and Hair Health:** Niacinamide and zinc contribute to healthy skin and hair growth.
  7. **Anemia Management:** Vitamins B6, B12, and folic acid are essential for red blood cell production.
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### Mechanism of Action:

- **B Vitamins:** Play a vital role in energy production, nervous system function, and red blood cell formation.
- **Calcium:** Essential for bone health, muscle contraction, and nerve signaling.
- **Zinc and Copper:** Work together to maintain a healthy immune system and support enzymatic reactions.

- **Folic Acid: Promotes DNA synthesis and cell division, crucial for growth and development.**
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#### **Dosage and Administration:**

- **Recommended Dose: One capsule daily or as directed by a healthcare professional.**
  - **Administration: Swallow the capsule with water, preferably after a meal for better absorption.**
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#### **Contraindications:**

1. **Known hypersensitivity to any of the ingredients.**
  2. **Severe renal or hepatic impairment (use with caution).**
  3. **Hypercalcemia or conditions leading to excess calcium levels.**
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#### **Precautions:**

1. **Pregnancy and Lactation: Safe for use, but consult a doctor before starting.**
  2. **Pediatrics: Not recommended for children unless specifically prescribed.**
  3. **Concurrent Medications: Avoid high doses of additional vitamins/minerals unless under medical supervision.**
  4. **Allergies: Check for potential allergens among the ingredients.**
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#### **Adverse Effects:**

#### **Common Side Effects:**

- **Nausea**
- **Mild gastrointestinal upset**
- **Headache**

#### **Rare Side Effects:**

- **Allergic reactions (rash, itching, swelling)**
  - **Hypercalcemia (prolonged high calcium intake)**
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#### **Storage Instructions:**

- **Store in a cool, dry place below 25°C, away from direct sunlight.**
  - **Keep out of reach of children.**
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#### **Key Points:**

- **Provides essential vitamins and minerals to boost energy, immunity, and overall health.**
- **Supports bone strength, nerve function, and red blood cell production.**
- **Helps prevent deficiencies caused by poor diet, stress, or increased nutritional demand.**

**Always use under medical supervision.**

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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