**Precautions**
If the preparation is taken according to the prescriptions in respect of intake, no special precautionary measures are necessary. Nevertheless, inform your physician or pharmacist if you:
- suffer from other diseases
- have any allergies
- take other (also self-purchased) drugs

**Pregnancy and Lactation**
Vitamins, minerals and trace elements may always be taken in amounts corresponding to the daily requirement. However, in view of the daily doses provided in PHARMATON CAPSULES, you should take this drug only after consulting your physician. Among other things, PHARMATON CAPSULES contains vitamin A.

It has to be taken into account that, with a balanced diet, the daily requirement of vitamin A (contained, for example, in liver, liver products, milk, dairy products, margarine, eggs, cooking oil) is covered, or (in the case of liver and liver products) even exceeded.

With a daily intake of high doses of vitamin A during pregnancy, it has been established that the risk of certain malformations in newborns is increased. With the consumption of large amounts of foods that contain vitamin A, the simultaneous ingestion of PHARMATON CAPSULES should therefore be avoided. You must certainly not take PHARMATON CAPSULES when you eat liver.

In case of doubt, consult your physician or pharmacist.

**Dosage and Administration**
Adults: Normally one capsule per day, preferably taken at breakfast.
Children below 12 years: Not recommended.
The capsules are to be swallowed in total with some liquid, without chewing. In case of difficulty in swallowing: cut the capsule open, squeeze the contents onto a spoon and mix with some marmalade, honey, or other food before taking. Observe the dosage indicated on the leaflet or prescribed by your physician. If you think the effect of the drug is too weak or too strong, consult your physician or pharmacist.

**Side-effects**
Occasionally, gastro-intestinal side-effects may appear on taking PHARMATON CAPSULES.

**General Notice**
PHARMATON CAPSULES do not contain sugar and are suitable for diabetics. Keep PHARMATON CAPSULES in a dry place, at room temperature (15°-25°C), out of the reach of children. The drug may only be used to the expiration date indicated on the container with «EXP». Further information is available from your physician or pharmacist.

**Composition**
One capsule contains:
Active ingredients: Highly concentrated, standardized Ginseng extract G115 40.0 mg (made from roots of best quality of genuine, Panax ginseng, C.A. Meyer), Vitamin A: 2667 IU, Vitamin D3: 200 IU, Vitamin E: 10.0 mg, Vitamin B1: 1.4 mg, Vitamin B2: 1.6 mg, Vitamin B6: 2.0 mg, Vitamin B12: 1.0 mcg, Biotin: 150.0 mcg, Nicotinamide: 18.0 mg, Vitamin C: 60.0 mg, Folic acid: 0.1 mg, Copper: 2.0 mg, Selenium: 50.0 mcg, Manganese: 2.5 mg, Magnesium: 10.0 mg, Iron: 10.0 mg, Zinc: 1.0 mg, Calcium: 100.0 mg, Lecithin: 100.0 mg
Inactive ingredients: Aromatic: Ethylvanillin; Excip. pro caps.

**Packages**
PHARMATON CAPSULES is available in pharmacies without prescription. There are packages of 30 and 100 capsules.