

#### INFORMATION FOR PARENTS AND CARERS

L-Carnosine & DHA for The complete neuronal development of children synergistically.  
This leaflet is about the use of L-Carnosine & DHA for the complete neuronal development of children Synergistically.  
This leaflet has been written for parents and carers about how to use this medicine in children. Please read this leaflet carefully.  
Keep it somewhere safe so that you can read it again.



#### L-Carnosine & Docosahexaenoic Acid Syrup

Why is it important for my child to take this Supplement?  
Taking L-Carnosine & DHA regularly should improve your child's Proper Function And Development Of The Muscles, Heart, Liver, Kidneys, Brain and Many other Organs.

#### What is L-Carnosine & DHA available as?

Each 5ml Contains : L-Carnosine 100mg + DHA 5mg Syrup.

#### When should I give L-Carnosine & DHA?

L-Carnosine & DHA is usually given twice each day (Each 5ml), once in the morning and once in the evening. Ideally, these times are 10–12 hours apart, for example some time between 7 and 8 am, and between 7 and 8 pm. Give the medicine at about the same times each day so that this becomes part of your child's daily routine, which will help you to remember.

#### How much should I give?

Your doctor will work out the amount of L-Carnosine & DHA (the dose) that is right for your child. The dose will be shown on the medicine label. It is important that you follow your doctor's instructions about how much to give.

#### How should I give it?

Measure out the right amount using an oral syringe or medicine spoon. You can get these from your pharmacist. Do not use a kitchen teaspoon as it will not give the right amount.

#### When should the Supplement start working?

It will take a few weeks for L-Carnosine & DHA to work properly, so you may not see much difference in your child's symptoms to start with. It is important that you continue to give L-Carnosine & DHA as you have been told to by your doctor.

#### What if my child is sick (vomits)?

- If your child is sick(vomits) less than 30 minutes after having a dose of L-Carnosine & DHA, give them the same dose again.
- If your child is sick(vomits) more than 30 minutes after having a dose of L-Carnosine & DHA, you do not need to give them another dose. Wait until the next normal dose.

#### What if I forget to give it?

If you remember up to 4 hours after you should have given a dose, give your child the missed dose. For example, if you usually give a dose at about 7 am, you can give the missed dose at any time up to 11 am. If you remember after that time, do not give the missed dose. Just give the next dose as usual.

#### What if I give too much?

You are unlikely to do harm if you give an extra dose of L-Carnosine & DHA by mistake. If you think you may have given your child too much L-Carnosine & DHA, contact your doctor. Have the Supplement or packaging with you if your telephone for advice.

#### Are there any possible side-effects?

There is not enough information available to know if it is safe to take for medical conditions.

We use medicines to make our children better, but sometimes they have other effects that we don't want (side-effects). If it is still any problem after 2 weeks, contact your doctor. If you notice anything unusual and are concerned, contact your doctor.

#### Can other medicines be given at the same time?

- You can give your child medicines that contain paracetamol or ibuprofen, unless your doctor has told you not to.
- Check with your doctor or pharmacist before giving any other medicines to your child. This includes herbal or complementary medicines.

#### General advice about this Supplement

- Try to give this Supplement at about the same times each day, to help you remember
- If you are not sure this Supplement is working, contact your doctor but continue to give this Supplement as usual in the meantime. Do not give extra doses, as you may do harm.
- Only give this Supplement to your child. Never give it to anyone else, even if their condition appears to be the same, as this could do harm.
- If you think someone else may have taken this Supplement by accident, contact your doctor straight away.
- Make sure that you always have enough this Supplement. Order a new prescription at least 2 weeks before you will run out.
- Make sure that this Supplement you have at home has not reached the 'best before' or 'use by' or 'Expiry' date on the packaging. Give old medicines to your pharmacist to dispose of.
- **Where I should keep this Supplement?**
- Keep this Supplement in a cupboard, away from heat and direct sunlight. It does not need to be kept in the fridge.
- Make sure that children CANNOT SEE OR REACH this Supplement.
- Keep this Supplement in the container it came in.

#### Who to contact for more information

Your child's doctor, pharmacist or nurse will be able to give you more information about L-Carnosine & DHA.

#### For more information:

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#### Disclaimer:

We take great care to make sure that the information in this leaflet is correct and up-to-date. However, this Supplement can be used in different ways for different patients. It is important that you ask the advice of

your doctor or pharmacist if you are not sure about something.

This leaflet is about the use of this Supplement in INDIA, and may not apply to other countries.

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