

# iMedix: Your Personal Health Advisor.

## Bal-Care DHA Essential

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Search for medical details concerning Bal-Care DHA Essential oral on iMedix including its side effects, uses, precautions, overdose, interactions, warnings and user reviews.

- **ActiveIngredient:**
- **DosageForm:**
- **Dosage:**
- **Indications:**
- **Manufacturer:**
- **Storage:**
- **Market Price:**
- **Drug Status:**

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### Description

Side Effects Constipation, diarrhea, or upset stomach may occur. These effects are usually temporary and may disappear as your body adjusts to this medication. If any of these effects last or get worse, tell your doctor or pharmacist promptly. Iron may cause your stools to turn black, an effect that is not harmful. Remember that this medication has been prescribed because your doctor has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. Tell your doctor right away if you have any serious side effects, including: easy bleeding/bruising. A very serious allergic reaction to this drug is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist. In the US – Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or at [www.fda.gov/medwatch](http://www.fda.gov/medwatch). In Canada – Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345. Uses This medication is a multivitamin, mineral, and fatty acid product used to treat or prevent vitamin deficiency before, during, and after pregnancy. Vitamins, minerals, and fatty acids are important building blocks of the body and help keep you in good health. This combination product also contains iron and folic acid. Women of childbearing age should maintain adequate levels of folic acid either through diet or supplements to prevent infant spinal cord defects in the developing baby. How to use Bal-Care DHA Essential Take this medication by mouth, usually once or twice daily or as directed by your doctor. Follow all directions on the product package, or take as directed by your doctor. If you are taking the powder form of this medication, mix in water as directed before swallowing. If you are taking the delayed-release form of this medication, do not crush or chew. Doing so can release all of the drug at once, increasing the risk of side effects. If you are taking the chewable form of this medication, chew thoroughly and then swallow. This medication is best taken on an empty stomach 1 hour before or 2 hours after meals. Take with a full glass of water (8 ounces or 240 milliliters) unless your doctor directs you otherwise. If stomach upset occurs, you may take this medication with food. Avoid taking antacids, dairy products, tea, or coffee within 2 hours before or after this medication because they will decrease its effectiveness. Do not lie down for at least 10 minutes after taking this medication. Consult your doctor or pharmacist for details for your particular brand. Take this medication regularly in order to get the most benefit from it. To help you remember, take it at the same times each day. Warnings Accidental overdose of iron-containing products is a leading cause of

fatal poisoning in children younger than 6 years. Keep this product out of reach of children. If overdose does occur, get medical help right away or call a poison control center. Precautions Before taking this product, tell your doctor or pharmacist if you are allergic to any of its ingredients; or to fish or soy/peanut found in some brands; or if you have any other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details. Before taking this medication, tell your doctor or pharmacist your medical history, especially of: iron overload disorder (such as hemochromatosis, hemosiderosis), use/abuse of alcohol, liver problems, stomach/intestinal problems (such as ulcer, colitis), vitamin B12 deficiency (pernicious anemia), bleeding disorders. Before having surgery, tell your doctor or dentist about all the products you use (including prescription drugs, nonprescription drugs, and herbal products). This medication is safe to take during pregnancy when used as directed. This medication passes into breast milk. Consult your doctor before breast-feeding. Overdose If someone has overdosed and has serious symptoms such as passing out or trouble breathing, call 911. Otherwise, call a poison control center right away. US residents can call their local poison control center at 1-800-222-1222. Canada residents can call a provincial poison control center. Symptoms of overdose may include: stomach pain, nausea, vomiting, diarrhea. Do not share this medication with others. Lab and/or medical tests (such as complete blood count, vitamin B12 levels) may be done while you are taking this product. Keep all medical and lab appointments. Consult your doctor for more details. Some brands of prenatal vitamins also contain ingredients such as calcium, zinc, iodine, or docusate. Consult your doctor or pharmacist if you have questions about the ingredients in your brand. This product is not a substitute for a proper diet. Remember that it is best to get your vitamins and minerals from healthy foods. Maintain a well-balanced diet and follow any dietary guidelines as directed by your doctor. If you miss a dose, take it as soon as you remember. If it is near the time of the next dose, skip the missed dose. Take your next dose at the regular time. Do not double the dose to catch up. Store at room temperature away from light and moisture. Do not store in the bathroom. Keep all medications away from children and pets. Do not flush medications down the toilet or pour them into a drain unless instructed to do so. Properly discard this product when it is expired or no longer needed. Consult your pharmacist or local waste disposal company. Interactions Drug interactions may change how your medications work or increase your risk for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval. Some products that may interact with this medication include: chloramphenicol, certain anti-seizure drugs (such as phenytoin), methyldopa. This product can decrease the absorption of other drugs such as bisphosphonates (including alendronate), levodopa, penicillamine, quinolone antibiotics (such as cipro antibiotic, levofloxacin), thyroid medications (such as levothyroxine), and tetracycline antibiotics (such as amoxil, zithromax, flagyl). Separate your doses of these medications as far as possible from your doses of this product. Ask your doctor or pharmacist about how long you should wait between doses and for help finding a dosing schedule that will work with all your medications.

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## **Side Effects**

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## **Uses**

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## Interactions

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## Other Details