

# iMedix: Your Personal Health Advisor.

## Kidstart

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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. If your doctor has prescribed this medication, remember that 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. 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 – 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 product used to treat or prevent vitamin deficiency due to poor diet, certain illnesses, or during pregnancy. Vitamins are important building blocks of the body and help keep you in good health. How to use Kidstart Chew this medication thoroughly and swallow, usually once daily or as directed. Follow all directions on the product package, or take as directed by your doctor. Do not take more than the recommended dosage. If you have any questions, ask your doctor or pharmacist. Take this medication regularly in order to get the most benefit from it. To help you remember, take it at the same time each day. Warnings If your brand of multivitamin contains iron, it is important to keep this product out of reach of children. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children younger than 6 years. 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 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: use/abuse of alcohol, liver problems, stomach/intestinal problems (such as ulcer, colitis). If your brand of multivitamin also contains folic acid, be sure to tell your doctor or pharmacist if you have vitamin B12 deficiency (pernicious anemia) before taking it. Folic acid may affect certain lab tests for vitamin B12 deficiency without treating this anemia. Untreated vitamin B12 deficiency may result in serious nerve problems (such as peripheral neuropathy). Consult your doctor or pharmacist for details. This medicine may contain aspartame. If you

have phenylketonuria (PKU) or any other condition that requires you to restrict your intake of aspartame (or phenylalanine), consult your doctor or pharmacist about using this drug safely. Before having surgery, tell your doctor or dentist about all the products you use (including prescription drugs, nonprescription drugs, and herbal products). Tell your doctor if you are pregnant before using this medication. 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. Keep all medical and lab appointments. This product is not a substitute for a proper diet. Remember that it is best to get your vitamins from healthy foods. Maintain a well-balanced diet and follow any dietary guidelines as directed by your doctor. If you are taking this product on a prescribed schedule and 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. If your brand of multivitamin also contains iron, avoid taking this product at the same time as antacids, bisphosphonates (for example, alendronate), levodopa, thyroid medications (for example, levothyroxine), or some antibiotics (for example, tetracyclines, quinolones such as ciprofloxacin). 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. If your brand of multivitamin also contains folic acid, be sure to tell your doctor or pharmacist if you take certain anti-seizure drugs (including hydantoins such as phenytoin). This medication may interfere with certain lab tests, possibly causing false test results. Make sure lab personnel and all your doctors know you use this drug.

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## Side Effects

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## Uses

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## Interactions

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**Other Details**

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