

ELDERCAPS®

Prescribe q.d. as a supplement . . .

. . . or t.i.d. as a therapy

Selected Nutrients	Recommended Daily Dietary Allowances ⁵		Supplemental ELDERCAPS® (1 capsule daily)
	Men 51+	Women 51+	
Fat-soluble vitamins:			
Vitamin A (mcg) ^a	1000	800	1200
Vitamin D (mcg) ^b	5	5	10
Vitamin E (mg) ^c	10	8	16.7
Water-soluble vitamins:			
Vitamin C (mg)	60	60	200
Thiamine (mg)	1.2	1.0	10
Riboflavin (mg)	1.4	1.2	5
Niacin (mg)	15	13	25
Pyridoxine (mg)	2.0	1.6	2
Folic Acid (mg)	0.2	0.18	1
Minerals:			
Magnesium (mg) ^d	350	280	10
Zinc (mg) ^d	15	12	27.9
Additional⁶:			
Pantothenic Acid (mg)	4.0-7.0	4.0-7.0	9
Manganese (mg) ^d	2.5-5.0	2.5-5.0	1.8

Selected Nutrients	Recommended Daily Dietary Allowances ⁵		Therapeutic ELDERCAPS® (3 capsules daily)
	Men 51+	Women 51+	
Fat-soluble vitamins:			
Vitamin A (mcg) ^a	1000	800	3600
Vitamin D (mcg) ^b	5	5	30
Vitamin E (mg) ^c	10	8	50
Water-soluble vitamins:			
Vitamin C (mg)	60	60	600
Thiamine (mg)	1.2	1.0	30
Riboflavin (mg)	1.4	1.2	15
Niacin (mg)	15	13	75
Pyridoxine (mg)	2.0	1.6	6
Folic Acid (mg)	0.2	0.18	3
Minerals:			
Magnesium (mg) ^d	350	280	30
Zinc (mg) ^d	15	12	83.7
Additional⁶:			
Pantothenic Acid (mg)	4.0-7.0	4.0-7.0	27
Manganese (mg) ^d	2.5-5.0	2.5-5.0	5.5

^a The RDA for Vitamin A is expressed in retinol equivalents; 0.300 mcg of all trans retinol equals one IU.
^b The RDA for Vitamin D is expressed as cholecalciferol; 5 mcg of cholecalciferol equals 200 IU of Vitamin D.
^c The RDA for Vitamin E is expressed as alpha-tocopherol equivalents (α TE). 1 mg = α TE.
^d Elemental.



Dosage: One capsule daily for supplementation; three capsules daily for treatment of deficiencies; or as directed by the physician.

Caution: Federal law prohibits dispensing without prescription.

Indications: ELDERCAPS® are indicated for prophylaxis or treatment of vitamin and mineral deficiencies associated with restricted diets, improper food intake, and decreased absorption or utilization. ELDERCAPS® are also indicated in patients with increased requirements for vitamins due to chronic disease, infection or stress of surgery.

Warnings: Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B12 is deficient.

Precautions: Folic acid doses above 0.1 mg daily may obscure pernicious anemia in that hematological remissions can occur while neurologic manifestations remain progressive.

REFERENCES: 1. American Dietetic Association. Vitamin and mineral supplementation - position of ADA. *J Am Diet Assoc.* 1996;96:73-77. 2. Tripp F. The use of dietary supplements in the elderly: current issues and recommendations. *J Am Diet Assoc.* 1997;97(suppl 2):S181-S183. 3. Keenan JM, Morris DH. How to make sure your older patients are getting enough zinc. *Geriatrics.* 1993;48(10):57-65. 4. Morley JE. Nutrition in the elderly. *Ann Intern Med.* 1988;109:890-904. 5. Recommended Daily Dietary Allowances revised 1989. Food and Nutrition Board, National Academy of Science, National Research Council. 6. Based upon the Estimated Safe and Adequate Daily Dietary Intakes of Additional and Selected Vitamins. Recommended Dietary Allowances. 9th ed. Washington, D.C., National Academy of Sciences 1980, p.178.

