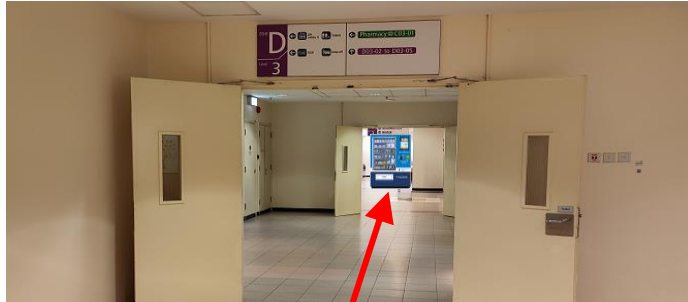


## Location of Vending Machine



### From Emerald & Ruby Clinic

Exit the clinic and walk to the end of the corridor



You are here



### From Sapphire Clinic

Exit the clinic, make a U-turn and walk to the end of the corridor



You are here

In the event of machine fault, please approach the Pharmacy Cashier at NUH Medical Centre, Zone B, level 3, for assistance.

#### Pharmacy operating hours:

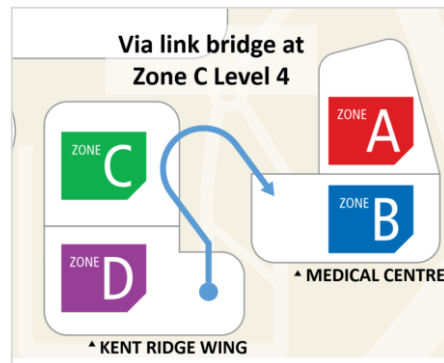
Mon – Fri: 9:00am - 6:30pm






Sat: 9:00 am - 1:00pm

Sun & PH: Closed

#### Contact & Feedback:

nuhretailpharmacy@nuhs.edu.sg



Recommended Supplements	Doctor's Recommendation	Quantity
 <p>Folic Acid 5MG Tablets 30S Order Code: 01 to 09</p>	<input type="checkbox"/>	_____ Box
 <p>NeuroGain PB Fish Oil 30S Order Code: 11 to 19</p>	<input type="checkbox"/>	_____ Bottle
 <p>Caltrate with Vit D 500IU 60S Order Code: 21 to 29</p>	<input type="checkbox"/>	_____ Bottle
 <p>21<sup>st</sup> Century Pre-Natal Tablets 60S Order Code: 31 to 39</p>	<input type="checkbox"/>	_____ Bottle
 <p>Iberet Folic – 500 SR Tablets 60S Order Code: 41 to 47</p>	<input type="checkbox"/>	_____ Box

- For hygiene reasons, goods sold are neither refundable nor exchangeable.
- Please take note of your drug allergy history before purchasing.



### **Folic Acid**

Prevents abnormal development of the brain and spinal cord

#### **Dosage**

- 1 tablet a day
- May be taken with or without food

#### **Potential side effects**

Potential side effects may include slight flushing, rash or itch

Each box contains 30 tablets.



### **Neurogain PB Fish Oil**

Provides essential fatty acids to pregnant and breastfeeding mothers

#### **Dosage**

- 1 capsule a day
- Preferably with food

#### **Potential side effects**

Potential side effects may include nausea, abdominal discomfort and belching.

Each bottle contains 30 capsules.



### **Caltrate 600 with Vitamin D 500IU**

Contains 600mg of calcium and 500 units of Vitamin D. Calcium helps with the maintenance of healthy bones and teeth while Vitamin D aids in the absorption of calcium from the diet.

#### **Dosage**

- 1 tablet a day
- To take 2 hours before or after consuming food rich in iron or iron supplements

#### **Potential side effects**

Potential side effects may include constipation, bloating or gas.

Each bottle contains 60 tablets.



### **21<sup>st</sup> Century Pre-Natal**

Provides folic acid, vitamins and mineral supplementation throughout pregnancy and the post-natal period for both lactating and non-lactating mothers

#### **Dosage**

- 1 tablet a day, with any meal
- To take 2 hours before or after consuming food rich in calcium or calcium supplements

#### **Potential side effects**

This supplement is generally well tolerated.

Each bottle contains 60 tablets.



### **Iberet Folic 500**

- Prevents iron deficiency in pregnancy by helping to meet the increased iron needs of both the mother and developing baby
- Contains vitamin B, including folic acid

#### **Dosage**

- 1 tablet a day
- To take 2 hours before or after consuming food rich in calcium or calcium supplements

#### **Potential side effects**

• Stomach upset and vomiting  
Taking the supplement after some food or a light snack may alleviate these symptoms.

- Constipation

Drink more water and incorporate more high fibre food such as fruits and vegetables into your diet.

- Blackening of stools

This is caused by the oxidation of iron in the gut and is harmless.

Each box contains 60 tablets.

*If you develop an allergic reaction, stop the medication and consult a doctor immediately.*



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