

HOLYPLEX CZS

NUTRITIONAL SUPPLEMENT

VITAMIN B-COMPLEX WITH ZINC & SELENIUM TABLETS

Multivitamin & Multimineral

B-Complex (B3, B6, B9, B12)

Zinc Sulphate (52.5mg)

Selenium (40mcg)

Chromium Picolinate

PRODUCT OVERVIEW

HOLYPLEX CZS Tablet by **Green Cross Remedies** is an expertly formulated vitamin and mineral supplement. It combines essential B-complex vitamins with vital trace minerals—Zinc, Selenium, and Chromium—to support dietary intake when requirements are not met through diet alone.

KEY CLINICAL INDICATIONS

- Nutritional Deficiencies:** Prevention & treatment of B-complex, Zinc, and Selenium gaps.
- Immune Function:** Boosts cellular defense & antioxidant protection.
- Nerve Health:** Supports peripheral neuropathy management & neurological care.
- Metabolic Support:** Aids carbohydrate, fat, & protein energy metabolism.

COMPOSITION & ACTIVE INGREDIENTS

Active Ingredient	Strength	Primary Physiological Role
Vitamin B3 (Niacinamide)	18 mg	Precursor of NAD/NADP coenzymes involved in cellular energy metabolism.
Vitamin B6 (Pyridoxine)	2 mg	Coenzyme in amino acid metabolism and neurotransmitter synthesis.
Vitamin B12 (Cyanocobalamin)	1.5 mcg	Supports DNA synthesis, red blood cell formation, and nerve myelin maintenance.
Folic Acid (Vitamin B9)	500 mcg	Essential for nucleic acid synthesis and normal erythropoiesis.
Zinc Sulphate	52.5 mg	Cofactor for 300+ enzymes; supports immune response, cell division, and wound healing.
Selenium	40 mcg	Essential component of selenoproteins (glutathione peroxidase) for antioxidant defense.
Chromium Picolinate	250 mcg	Facilitates carbohydrate and lipid metabolism through insulin signaling support.

CLINICAL BENEFITS

1. Energy & Metabolism

B-vitamins work synergistically to facilitate ATP synthesis from dietary macronutrients, aiding cellular energy production.

2. Immunity & Antioxidant Defense

Zinc and Selenium support immune cell maturation and neutralize free radicals to protect cells against oxidative damage.

MECHANISM OF ACTION

Biochemical Pathway

Nerve & Blood Formation: Cyanocobalamin and Folic Acid act as cofactors in one-carbon metabolism, crucial for DNA replication and RBC maturation.

Enzyme Co-Activation: Pyridoxine and Niacinamide regulate neuro-transmitter synthesis and glycogenolysis.

Cellular Defense: Zinc regulates T-lymphocyte function, while Selenium protects tissue integrity.

GREEN CROSS REMEDIES

Web: greencrossindia.com | Email: greencrossremedies_2003@yahoo.co.in

MRP (INCL. TAXES)

₹100.00 / 15 Tablets

DOSAGE & ADMINISTRATION

- **Recommended Dosing:** Take as prescribed by a healthcare professional or as indicated on the product packaging.
- **Administration:** Swallow whole with a full glass of water.
- **GI Comfort:** If mild stomach discomfort occurs, take with or immediately after meals.
- **Advisory:** Do not exceed the recommended daily dose without medical advice.

CONTRAINDICATIONS & INTERACTIONS

- **Hypersensitivity:** Do not use in individuals with known allergy to any component.
- **Antibiotic Interaction:** Zinc may reduce absorption of fluoroquinolones and tetracyclines; space dosing by 2–3 hours.
- **Drug Interactions:** Folic acid can interact with certain antiepileptics and methotrexate.
- **Renal / Hepatic Care:** Consult a physician prior to use if suffering from kidney or liver disease.

Possible Side Effects

HOLYPLEX CZS is generally well tolerated. Mild adverse effects may include transient nausea, metallic taste (due to Zinc), abdominal discomfort, or altered stool consistency. Discontinue and consult a doctor if severe allergic reactions (swelling, dyspnea) occur.

Storage Conditions

Store in a cool, dry place away from direct sunlight and excessive heat. Keep the blister pack tightly closed. Store below the recommended temperature on the carton. Keep out of reach of children.

FREQUENTLY ASKED QUESTIONS (FAQS)

Q1: What is HOLYPLEX CZS Tablet prescribed for?

It is recommended to supplement B-complex vitamins, Zinc, Selenium, and Chromium in states of dietary inadequacy or increased requirement.

Q2: Can multivitamin tablets be taken daily?

Yes, daily administration is appropriate when advised by a physician based on your clinical and nutritional profile.

Q3: How does Zinc support immunity?

Zinc acts as a vital cofactor for immune cell development, wound repair, and protective antioxidant enzymatic reactions.

Q4: Why are Selenium & Chromium included?

Selenium activates antioxidant selenoproteins, while Chromium supports insulin activity and macronutrient metabolism.

Q5: Can it be taken during pregnancy?

Pregnant or lactating women should seek explicit guidance from their obstetrician before starting any dietary supplement.

Q6: Does it replace a balanced diet?

No. Supplements serve to complement dietary intake and should not replace a healthy, varied diet and lifestyle.

Q7: What should I do if I experience nausea?

Taking the tablet along with a light meal typically resolves transient gastrointestinal discomfort caused by minerals like zinc.

Q8: Who manufactures HOLYPLEX CZS Tablet?

It is manufactured by **Green Cross Remedies** according to strict pharmaceutical quality standards.

Expert Medical Advice

Use HOLYPLEX CZS Tablet as directed by a healthcare professional. Maintain balanced nutrition, adequate hydration, and healthy daily habits. Do not exceed the recommended dose or combine with other high-dose vitamin/mineral supplements without checking their cumulative elemental levels.

GREEN CROSS REMEDIES

Quality Formulations for Healthcare Professionals

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