

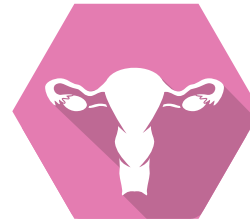


OC-GAP



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O.CONTRACEPTIVE

Contraception is one of the most powerful public health tools for any country¹

UNMET TREATMENT NEED

Access to safe and effective contraception is a critical element of women's health¹

Enabling women to make choices about their fertility is empowering¹

Offers women better economic and social opportunities¹

5.9 million

Packs of OCs sold in South Africa in 2016 in the private market²

60 %

Total contraceptive prevalence rate in Southern Africa³

97 % - 98 %

Efficacy of combination OCs with normal use⁴

Common side effects of combined OCs¹

•nausea •mild headaches •tender breasts •irregular bleeding or spotting •mood changes

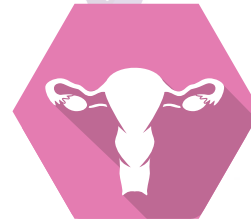
Common medical disorders that require special attention in terms of contraceptive method¹

•hypertension •venous thromboembolism •arterial disease •diabetes •epilepsy •cancers

OC = oral contraceptives



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O.CONTRACEPTIVE

Role of vitamin B₆, vitamin B₁₂, folic acid & zinc in the use of oral contraceptives

Deficiency⁴

- Women taking estrogen-progestin combination agents had evidence of vitamin B₆ deficiency
- Mean serum vitamin B₁₂ levels were significantly lower in women using OCs than in non-users
- OC users had lower mean serum levels of folate and higher percentage of subnormal folate levels than a control group
- Women using OCs had lower plasma zinc levels than women who were not

Folic acid and vitamins B₆ and B₁₂ take part in the metabolism of homocysteine⁵

Increased homocysteine is involved in⁵

- Cardiovascular diseases
- Vascular damage that predisposes to:
 - Thrombogenesis and arteriosclerosis



OC-GAP

Effects of vitamin B₆, vitamin B₁₂, folic acid & zinc

VITAMIN B₆

PHYSIOLOGICAL EFFECTS

Vitamin B₆ is important in maintaining normal levels of homocysteine, it is involved in:⁴

- gluconeogenesis
- glycogenolysis
- immune function
- haemoglobin formation

DEFICIENCY

Low serotonin levels and/ or impaired conversion of tryptophan to niacin⁴

Associated with heightened risks for arterial and venous thromboembolism⁴

VITAMIN B₁₂

Vitamin B₁₂ plays a role in cell metabolism, especially affecting DNA synthesis and regulation, but also fatty acid synthesis and energy production⁴

Essential for cell growth and replication⁴

DNA replication becomes abnormal⁴

Maturation of red cell precursors are highly abnormal⁴

Impaired maternal vitamin B₁₂ status is a risk factor of NTDs⁴

FOLIC ACID

Folate deficiency, may result in reduced DNA synthesis and cell division. The deficiency will be more obvious in cells red blood cells, thereby producing anemia, or in cells derived from bone marrow, leading to leukopenia and thrombocytopenia

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ZINC

It is essential for the structure and function of various proteins and cellular components⁶

Plays a role in:⁶

- proper function of the immune system
- cellular growth
- cell proliferation
- cell apoptosis

Lack of zinc leads to:⁶

- anorexia
- loss of appetite
- smell and taste failure
- may affect the immune system
- triggering arteriosclerosis
- anaemia

NTDs = neural tube defects



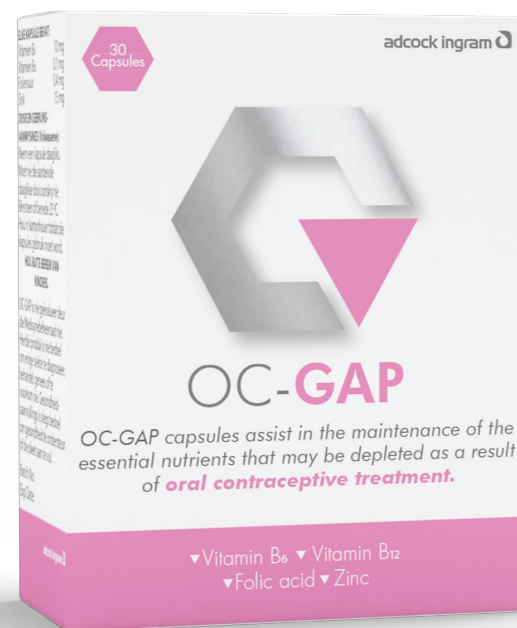
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OC-GAP

OC-GAP assists in the maintenance of the essential nutrients that may be depleted as a result of oral contraceptive use⁷

	VITAMIN B ₆	VITAMIN B ₁₂	FOLIC ACID	ZINC
AMOUNT PER OC-GAP CAPSULE (DOSAGE: 1 CAPSULE DAILY) ⁷	10 mg	0.1 mg	0.4 mg	15 mg
DRI (DIETARY REFERENCE INDEX) OR RDA (RECOMMENDED DAILY ALLOWANCE) ⁴	1.4 mg	2.5 mcg	200 mcg	10 mg
OTHER SOURCES ⁴	Animal and vegetable derived foods	Meat, milk products, eggs	Entrails, green vegetables, legumes, eggs	Meat, peanuts, beans and wheat bread



OC-GAP capsules assist in the maintenance of the essential nutrients that may be depleted as a result of oral contraceptive treatment.⁷

DOSAGE & DIRECTIONS FOR USE

Take one (1) capsule daily⁷

References: **1.** Department of Health, Republic of South Africa 2012. National Contraception Clinical Guidelines. [cited 2017 April 25]; Available from: http://www.gov.za/sites/www.gov.za/files/Contraception_Clinical_Guidelines_28jan2013-2.pdf. **2.** IMS TPM February 2017 Oral contraceptives market. **3.** Population reference bureau. World population data sheet 2013. [cited 2017 April 25]; Available at: http://www.prb.org/Publications/Datasheets/2013/2013-world-population-datasheet/world-map.aspx#map/southern_africa/familyplanning/total. **4.** Palmery M, Saraceno A, Vaiarelli A and Carlomagno G. Oral contraceptives and changes in nutritional requirements. Eur Rev Med Pharmacol Sci. 2013;17(13):1804-1813. **5.** de la Calle M, Usandizaga R, Sancha M et al. Homocysteine, folic acid and Bgroup vitamins in obstetrics and gynaecology. Eur J Obstet Gynecol Reprod Biol. 2003;107(2):125-134. **6.** Chasapis CT, Loutsidou AC, Spiliopoulou CA and Stefanidou ME. Zinc and human health: an update. Arch Toxicol. 2012 Apr;86(4):521-34. doi: 10.1007/s00204-011-0775-1. Epub 2011. **7.** OC-GAP approved package insert, 2017.

OC-GAP Each capsule contains Vitamin B₆ 10 mg; Vitamin B₁₂ 0.1 mg; Folic acid 0.4 mg; Zinc 1.5 mg.
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