

Package leaflet: Information for the user

Vitamin B Complex Tablets

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, pharmacist or nurse.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

What is in this leaflet:

1. What Vitamin B Complex tablet is and what it is used for
2. What you need to know before you take Vitamin B Complex tablet
3. How to take Vitamin B Complex tablet
4. Possible side effects
5. How to store Vitamin B Complex tablet
6. Contents of the pack and other information

1. What Vitamin B Complex tablet is and what it is used for

Vitamin B Complex tablet is used to prevent and treat vitamins deficiency. Vitamin B Complex tablet contains the following active ingredients: **Thiamine mono nitrate (Vitamin B₁), Riboflavin (Vitamin B₂), Nicotinamide.**

2. What you need to know before you take Vitamin B Complex tablet.

Do not take Vitamin B Complex tablet

- Do not take Vitamin B Complex tablet if you are allergic to any of the ingredients listed in section 6 of this leaflet.

Which other ingredients in Vitamin B Complex tablet should I be aware of?

- Lactose monohydrate, Methyl Paraben, Propyl Paraben, Maize starch, Purified Talc, Aerosil 2000. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

Can I use Vitamin B Complex tablet if I am pregnant or breast-feeding?

If you are pregnant particularly in the first three months, planning to become pregnant or are breast-feeding, speak to your doctor or pharmacist before taking this medicine.

Is it safe to drive or operate machinery after using Vitamin B Complex Tablets?

Vitamin B Complex tablet does not affect ability to drive or operate machinery.

Are there any foods or medicines that interact with Vitamin B Complex Tablets?

Vitamin B Complex tablet should not be taken if you also take Levodopa as it will reduce the effectiveness of the Levodopa.

Warnings and precautions

Talk to your doctor or pharmacist before taking Vitamin B Complex Tablets.

3. How to take Vitamin B Complex Tablets.

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Taking this medicine

- 1-2 tablets daily or as directed by the Physician.

If you take more Vitamin B Complex tablet than you should

Taking more than the recommended dose is unlikely to cause any problems. If you are concerned about an overdose you should consult your doctor or pharmacist, if possible you should take the packaging and this leaflet with you.

If you forget to take Vitamin B Complex tablet

If a dose is missed then it is safe to take it at any time before the next dose is due.

4. Possible side effects

All medicines can cause side effects but they are very unlikely with Vitamin B Complex Tablets. If you think that you may have experienced a severe side effect then discontinue use and seek the advice of your doctor or pharmacist.

Reporting of side effects.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Vitamin B Complex Tablets

Keep this medicine out of the sight and reach of children

Store in a cool and dry place, not above 30°C. Keep out of the reach of children. Protect from direct sunlight.

Do not use this medicine after the expiry date which is stated on the carton. The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. FURTHER INFORMATION

Contents of the pack and other information

What Vitamin B Complex tablet contains

Each Tablet contains:

Vitamin B ₁ Mononitrate BP.....	1.0 mg
Riboflavin BP.....	1.0 mg
Nicotinamide BP.....	15.0 mg

What Vitamin B Complex tablet looks like and contents of the pack

Vitamin B – Complex Tablets Skillet contains 100 blister strips of 10 tablets each with a packing insert. Skillet cover sealed at the middle portion with cellophane Tape 1/2” 42 Vitamin B – Complex Tablets Skillets packed in outer box BB.

In addition to the above ingredients, it also contains: Lactose monohydrate, Methyl Paraben, Propyl Paraben, Maize starch, Purified Talc, Aerosil 2000.

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