

# Vitamin-B Complex Syrup

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## Patient Information Leaflet

### Vitamin B Complex Syrup

*Please read this leaflet carefully before using this medicine. If you have any questions or are not sure about anything, ask your doctor or pharmacist.*

#### **This leaflet contains the following information.**

1. What is Vitamin-B Complex Syrup and what does it do?
2. What should I know before taking Vitamin-B Complex Syrup?
3. How do I take Vitamin-B Complex Syrup?
4. Does Vitamin-B Complex Syrup have any side effects?
5. How do I store Vitamin-B Complex Syrup?
6. Further information.

#### **1. What is Vitamin-B Complex Syrup and what does it do?**

Vitamin-B Complex Syrup is used to prevent and treat vitamin B complex deficiency. Vitamin-B Complex Syrup contains the following active ingredients: **Thiamine Hydrochloride (Vitamin B1), Riboflavin (Vitamin B2), Nicotinamide, Pyridoxine Hydrochloride (Vitamin B6) and Calcium-D Pantothenate** which are all classed as vitamin B substances.

#### **2. What should I know before taking Vitamin-B Complex Syrup?**

##### **When shouldn't I take Vitamin-B Complex Syrup?**

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

##### **Which other ingredients in Vitamin-B Complex Syrup should I be aware of?**

- Hydroxybenzoates, (used as the preservative) may cause allergic reactions (possibly delayed).

##### **Can I use Vitamin-B Complex Syrup if I am pregnant or breast-feeding?**

Vitamin-B Complex Syrup is considered safe for use during pregnancy and when breast-feeding, however you should always consult with a healthcare professional before using any medicines at this time.

##### **Is it safe to drive or operate machinery after using Vitamin-B Complex Syrup?**

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

##### **Are there any foods or medicines that interact with Vitamin-B Complex Syrup?**

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

### **3. How do I take Vitamin-B Complex Syrup?**

#### **Prophylactic (i.e. the prevention of Vitamin B complex deficiency).**

Children 5- 12 year : 5ml to 10ml twice daily

Children under 5 years, 2.5ml twice daily or as directed by the physician

#### **Therapeutic (i.e. the treatment of Vitamin B complex deficiency).**

Children up to 1 year, One 5ml to be taken 3 times daily.

Children 1 to 12 years, Two 5ml to be taken 3 times daily.

THE DOSAGES STATED ABOVE ARE FOR GUIDANCE, YOUR DOCTOR MAY PRESCRIBE A DIFFERENT DOSE.

#### **What should I do if I miss taking a dose of Vitamin-B Complex Syrup?**

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

#### **What should I do if an overdose of Vitamin-B Complex Syrup is taken?**

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.

### **4. Does Vitamin-B Complex Syrup have any side effects?**

All medicines can cause side effects but they are very unlikely with Vitamin-B Complex Syrup. 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. You can report side effects directly via <https://fdaghana.gov.gh/>

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

### **5. How do I store Vitamin-B Complex Syrup?**

Do not use after the expiry date marked on the pack. Keep all medicines out of the reach and sight of children, Store below 30°C. Protect from light.

## **6. Further information.**

### **What is in Vitamin-B Complex Syrup?**

Each 5ml of the medicine contains: thiamine hydrochloride (vitamin B1) 2mg, riboflavin (vitamin B2) 1.2mg, nicotinamide 10mg, pyridoxine hydrochloride (vitamin B6) 1mg and Vitamin B12 2mcg, Calcium D-Pantothenate 10mg.

In addition to the above ingredients, it also contains: Sugar, Methyl Hydroxybenzoate, Sodium benzoate, Liquid glucose, Citric acid, Essence raspberry, Disodium edetate, colour sunset yellow, Saccharin sodium, Purified Water

### **What does Vitamin-B Complex Syrup look like and how is it supplied?**

Vitamin-B Complex Syrup is a clear yellow syrup supplied in glass bottles of 125ml.

### **Who is responsible for Vitamin-B Complex Syrup?**

#### **Manufactured by:**

M&G PHARMACEUTICALS LTD.

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