

Patient Information Leaflet

Multiren Tablets

(Vitamin A (as acetate) BP 2500 IU, Vitamin D3 300 IU, Thiamine HCl BP 1 mg, Riboflavin BP 500 mcg, Ascorbic acid BP 15 mg, Nicotinamide BP 7.5 mg)

Read all of this leaflet carefully because it contains important information for you.

Multivitamins is available without a doctor's prescription, for your use as a health supplement.

Nevertheless you still need to use Multivitamins carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Multivitamins & Minerals with any other person.
- Ask your doctor or pharmacist if you need more information or advice.
- You must see a doctor if you experience troubling symptoms.
- You must contact a doctor, dietician or pharmacist if your symptoms worsen or do not improve.
- If any of the side effects gets serious, or if you notice any side effect not listed in this leaflet, please tell your doctor, dietician or pharmacist.

The information in this leaflet has been divided into the following sections:

- a. What Multiren Tablets are and what they are taken for
- b. before you take Multiren Tablets
- c. How to take Multiren Tablets
- d. Possible side effects
- e. How to store Multiren Tablets
- f. Further information

a. What Multiren Tablets are and what they are taken for

Multiren Tablets are a multivitamin and mineral supplement. They contain a combination of 6 essential vitamins. The human body requires a wide variety of vitamins to perform crucial daily tasks such as releasing energy from food and repairing cell damage. During certain illnesses, your body either cannot get or cannot efficiently use all of the vitamins it needs. Your doctor, dietician or pharmacist will give you Multiren Tablets if your diet has not provided you with enough vitamins, minerals and trace elements. Each capsule contains the following 6 essential vitamins each of which plays a vital role in the efficient daily maintenance of many body processes

Vitamin A

Vitamin A (β -Carotene) is essential for growth, maintenance of skin and mucous membranes such as the linings of the mouth, nose, lungs, digestive system, colon and for vision, particularly at night.

Vitamin D

Vitamin D is required for the absorption of calcium and phosphate from the gastro-intestinal tract and for their transport. Its involvement in the control of calcium metabolism and hence the normal calcification of bones is well documented. Deficiency of Vitamin D in children may result in the development of rickets.

Vitamin B1 (Thiamine)

Is involved in the proper functioning of the heart muscles and for the release of energy from protein, fat and carbohydrate, needed for growth, normal appetite and digestion. Thiamin has also been shown to play a vital role in the normal functioning of the nervous system

Vitamin B2 (Riboflavine)

Vitamin B2 plays a key role in energy metabolism, and is required for the metabolism of fats, carbohydrates, and proteins.

Vitamin C (Ascorbic Acid)

Vitamin C is an essential vitamin that plays an important role in maintaining the health of our cells, blood vessels and our resistance to infection. Vitamin C also helps bones, teeth, gums, skin and assists the absorption of iron from the blood.

Nicotinamide

The biochemical functions of nicotinamide as NAD and NADP (nicotinamide adenine dinucleotide phosphate) include the degradation and synthesis of fatty acids, carbohydrates and amino acids as well as hydrogen transfer. Deficiency produces pellagra and mental neurological changes.

b. before you take Multiren Tablets

Do not take Multiren Tablets:

- if you are allergic (hypersensitive) to any of the ingredients of Multiren Tablets (see section f Further information)
- if you suffer from hypercalcaemia (high level of calcium in the blood)
- if you suffer from iron storage disorders such as bronzed diabetes (haemochromatosis)

Do not give Multiren Tablets to children aged under 12.

Take special care with Multiren Tablets

Before you are given Multiren Tablets tell your doctor, dietician or pharmacist if:

- you are pregnant or thinking of becoming pregnant
- you are a smoker
- you have an asbestos related illness such as asbestosis
- you suffer from thyroid problems. If any of the above applies to you, or if you are not sure, speak to your doctor or pharmacist before taking Multiren Tablets.

Taking other medicines

Tell your doctor if you are taking or have recently taken/used any of the following medicines as they may interfere with Multiren Tablets:

- Phenytoin (used to treat epilepsy)
- Tetracycline antibiotics (used to treat infections) such as doxycycline and minocycline.

Please tell your doctor if you are taking or have recently taken/used any other medicines including other vitamin or mineral products medicines obtained without a prescription.

Pregnancy and breast-feeding

Multiren Tablets contain vitamin A, check with your doctor, dietician or pharmacist for advice before taking this medicine during pregnancy and breast-feeding.

c. How to take Multiren Tablets

Adults and the Elderly

One tablet daily, preferably taken one hour after meals. Do not exceed the stated dose. The tablets should be swallowed whole with water.

Children under 12 years of age

Not recommended for this age group.

What to do if you take more Multiren Tablets than you should

If you (or someone else) accidentally take too many tablets, you should tell your doctor at once or contact the nearest accident and emergency department. Show any left over medicines or the empty packet to the doctor.

If you forget to take Multiren Tablets Do not worry.

If you forget to take a dose, take it as soon as possible, unless it is almost time to take the next dose (within 1-2 hours). Do not take a double dose. Then go on as before.

d. Possible side effects

Hypersensitivity reaction: such as rash

Gastrointestinal disturbances (such as nausea, vomiting and abdominal pain)

e. How to store Multiren Tablets

Store in a cool, dry place below 30°C. Keep out of the reach of children. Protect from light.

Do not take Multiren Tablets after the expiry date which is stated on the carton. The expiry date refers to the last day of that month after EXP.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist on how to dispose of medicines no longer required. These measures will help protect the environment.

f. Further information

What is Multiren Tablets?

The active ingredients in this medicine are: Vitamin A, Vitamin D, Vitamin B1, Vitamin B2, Vitamin C and Nicotinamide.

The other ingredients are Maize starch, Dicalcium phosphate, Lactose, Sodium methyl paraben, Sodium propyl paraben, Microcrystalline cellulose and Magnesium stearate

What Multiren Tablets look like and contents of the pack

Multiren Tablets are green coloured round shaped biconvex sugar coated tablets, plain on both sides, packed in Aluminium/PVC blister strip of 10 tablets and 10 of such blister strips are packed in a unit carton with pack insert.

MANUFACTURED BY

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A milestone to Golden Health