Vitamin B_1+B_6+B_{12}

Multi-B™ *100mg / 5mg / 50mcg Tablet*

VITAMINS

FORMULATION

Each tablet contains:

Thiamine Mononitrate (Vitamin B_1).....100 mg

Pyridoxine Hydrochloride (Vitamin B_6).....5 mg

Cyanocobalamin (Vitamin B_{12}).....50 mcg

PRODUCT DESCRIPTION

Vitamin B-Complex (Vitamins B_1, B_6 and B_{12}) is a pink, round, flat, beveled edge tablet, scored on one side and plain on the other side.

WHAT IS IN THE MEDICINE?

This product contains B-complex vitamins (Vitamins B_1, B_6 and B_{12}). These nutrients are required for the normal function of the nervous system and are used as adjunct in the management of neuromuscular pain.

B-complex vitamins also help in the conversion of food to energy to support numerous normal body processes.

B-complex vitamins have the following functions/effects:

NUTRIENTS	NEUROMUSCULAR AND OTHER FUNCTIONS
Thiamine (B_1)	• Involved in the production and release of acetylcholine, a neurotransmitter required in conveying signals between nerve cells • Assists in the conversion of carbohydrate to energy • Deficiency of Vitamin B_1 results in beri-beri manifested as muscle weakness, loss of appetite and nerve degeneration (inability of nerves to function properly)
Pyridoxine (B_6)	• Required in the formation of neurotransmitters such as serotonin, gamma amino butyric acid (GABA), dopamine, and epinephrine to facilitate normal nervous system function. • Assists in the breakdown and utilization of energy from amino acids and protein • Deficiency of Vitamin B_6 is manifested as nausea, impaired immune function, skin disorders, mouth sores, weakness, mental depression, and anemia
Cyanocobalamin (B_{12})	• Required for the synthesis of myelin, the white sheath that surrounds nerve fibers • Essential in the breakdown and utilization of energy from fatty acids • Deficiency of Vitamin B_{12} is manifested as neuromuscular symptoms such as unsteadiness of the feet, poor muscle coordination and agitation

STRENGTH OF THE MEDICINE

Please see formulation.

WHAT IS THE MEDICINE USED FOR?

- To prevent and treat deficiencies of Vitamins B_1, B_6 and B_{12}
- As an adjunct in the management of neuromuscular pain responsive to Vitamins B_1, B_6 and B_{12} which may include neuralgia (nerve pain), neuritis (inflammation of the nerves), and neuropathies (disturbance in the function of the brain or spinal cord that may affect the nerves and muscles of the body)

HOW MUCH AND HOW OFTEN SHOULD YOU USE THE MEDICINE?

Orally, 1 - 2 tablets daily.

Or, as directed by a doctor.

WHEN SHOULD YOU NOT TAKE THIS MEDICINE?

If you are allergic to any component of the product.

UNDESIRABLE EFFECTS

Vitamin B_6

- Although pyridoxine has generally been considered relatively nontoxic, adverse neurologic effects have been reported following chronic administration of high Pyridoxine doses (e.g., 100 - 500 mg daily) and long term (i.e., 2 months or longer) megadose (usually 2 g or more daily) Pyridoxine use.

WHAT OTHER MEDICINES OR FOOD SHOULD BE AVOIDED WHILE TAKING THIS MEDICINE?

The amount of nutrients in the product are not expected to interact with food or medicines.

WHAT SHOULD YOU DO IF YOU MISS A DOSE?

If you miss a dose, just take the next dose and the subsequent doses at the usual recommended schedule, i.e., once or twice a day.

Do not double the dose.

HOW SHOULD YOU KEEP THE MEDICINE?

- Keep the product out of sight and reach of children.
- Store at temperatures not exceeding 30°C.
- Protect from light.

SIGNS AND SYMPTOMS OF OVERDOSAGE

Vitamin B_6

Cases have been reported of reversible sensory neuropathy developing at Pyridoxine doses less than 500 mg/day (dose range: 200 - 300 mg/day) taken for 36 months. Cases of reversible sensory peripheral neuropathy as a result of prolonged pyridoxine use at a dose of 200 mg daily have also been reported.

WHAT TO DO WHEN YOU HAVE USED MORE THAN THE RECOMMENDED DOSAGE

If you have taken more than the recommended dosage, consult a doctor or contact a Poison Control Center right away.

CARE THAT SHOULD BE TAKEN WHEN TAKING THIS MEDICINE

- Do not take more than the recommended dose.
- Do not use after the expiry date on the label.

WHEN SHOULD YOU CONSULT YOUR DOCTOR?

- If any undesirable effect occurs

AVAILABILITY: Blister Pack x 20's (Box of 100's)

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