VITAMIN B-COMPLEX

Each Tablet Contains:

Thiamine Mononitrate (Vitamin B_1)	**300 mg**
Riboflavin (Vitamin B_2)	**30 mg**
Nicotinic Acid (Vitamin B_3)	**25 mg**
Pyridoxine Hydrochloride (Vitamin B_6)	**100 mg**
Cyanocobalamin (Vitamin B_{12})	**250 mcg**

VANEULAR®
TABLET

PRODUCT DESCRIPTION
Vaneular is a pink, capsule-shaped, sugar-coated tablet with glossy surface.

WHAT IS IN THE MEDICINE?
Vaneular contains B-complex vitamins (vitamins B_1, B_2, B_6, B_{12} and Nicotinic Acid). These nutrients are required for the normal function of the nervous system and are used as adjunct in the management of various neuromuscular disorders.

B-complex vitamins also help in the conversion of food to energy to support numerous normal body processes.
B-complex vitamins have the following known 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)
Riboflavin (B_2)	• Important for the formation of flavoproteins involved in energy release from carbohydrate, fat and protein • Riboflavin deficiency is manifested as cheilosis (appearance of cracks or fissures at the corners of the mouth), glossitis (inflammation of the tongue) and dry, scaly skin
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, anemia, and epileptic convulsions
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
Nicotinic Acid	• An important requirement for DNA repair and calcium metabolism • Essential for energy release from carbohydrate, fat and protein • Deficiency may result in pellagra, a condition characterized by poor appetite, pigmented rash, a bright red tongue and neurological symptoms such as depression, headache, fatigue, and loss of memory

STRENGTH OF THE MEDICINE
Please see formulation

WHAT IS THE MEDICINE USED FOR?
- To treat deficiencies of vitamins B_1, B_2, B_6, B_{12}, and Nicotinic Acid manifested as:
  Muscle pain, loss of reflexes in the hands, knees, ankles, calves and feet and abnormal touch sensation such as burning and pricking

- As an adjunct in the management of conditions responsive to high dose vitamins B_1, B_2, B_6, B_{12}, and Nicotinic Acid which include the following:
  - Neuralgia (nerve pain)
  - Neuritis (inflammation of the nerves)
  - Neuropathies (disturbances in the function of the brain or spinal cord that may affect the nerves and muscles of the body)
  - Inherited metabolic disorders such as:
    - Leigh's necrotizing encephalopathy (a rare neurometabolic disorder characterized by degeneration or gradual loss of ability of the central nervous system, which includes the brain, spinal cord, and optic nerve, to function properly)
    - Inherited vitamin B_1 dependency
    - Methylmalonic aciduria [the accumulation of methylmalonic acid in the body characterized by progressive encephalopathy (brain disease that gets worse), dehydration, developmental delays, constipation, seizures and vomiting)
  - Lactic acidosis (a disease caused by the build-up of lactic acid in the body characterized by deep and rapid breathing, vomiting, and abdominal pain)
  - Wernicke's encephalopathy (an alcohol-induced thiamine deficiency characterized by mental confusion, staggering, and constant rapid eye movements)
  - Beri-beri (thiamine deficiency manifested as muscle weakness, loss of appetite, nerve degeneration (inability of nerves to function properly)
  - Use of drugs such as isoniazid, cycloserine, penicillamine, hydralazine and levodopa which induces increased requirement for vitamin B_6
  - Malabsorption syndromes

HOW MUCH AND HOW OFTEN SHOULD YOU USE THE MEDICINE?
Orally, one tablet 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
Pyridoxine (Vitamin B_6)
Undesirable neurologic effects have been reported after chronic administration of 500 mg vitamin B_6 daily**.**
Nicotinic Acid
Dosages of Nicotinic Acid in excess of 100 mg daily may cause flushing of the face, arms, and chest, itching, and nausea.

WHAT OTHER MEDICINE OR FOODS SHOULD BE AVOIDED WHILE TAKING THIS MEDICINE?
- Neuromuscular blocking agents (e.g., tubocurarine chloride, metocurine iodide, pancuronium bromide, and vecuronium bromide) may be enhanced by high doses of vitamin B_1 (>500 mg daily), although the clinical significance of this is unknown.
- Take this medicine (Vaneular) at least two hours before or after taking phenobarbital or phenytoin since high doses of vitamin B_6 may reduce the blood levels of these drugs.

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 a day**.** Do not double the dose.

HOW SHOULD YOU KEEP THE MEDICINE?
- Keep the product out of reach and sight of children.
- Store at temperatures not exceeding 30°C.

SIGNS AND SYMPTOMS OF OVERDOSAGE
Vitamin B_6
Although vitamin B_6 has generally been considered relatively nontoxic, long term (two months or longer) administration of large (megadose) dosages (usually 2 grams or more daily) of vitamin B_6 can cause neurological symptoms manifested as paresthesia (more noticeable at night and limited to the extremities), bone pains (described as lightning, stabbing or shooting like a knitting needle or electric shocks), hyperesthesia (described as burning, pricking, stinging, or itching), muscle weakness (difficulty in running, lifting, climbing stairs and loss of manual dexterity), fasciculation (described as twitching, restlessness or fidgeting), and numbness of the limbs and face.

Nicotinic Acid
High-doses of Nicotinic Acid equivalent to 1.5 grams daily may cause dizziness, palpitations, shortness of breath, sweating, insomnia, nausea, vomiting, abdominal pain, and myalgia (muscle pain).

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 use 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.
- If symptoms persist or new symptoms appear**.**

ADVERSE DRUG REACTION REPORTING STATEMENT
For suspected adverse drug reaction, seek medical attention immediately and report to the FDA at www.fda.gov.ph **AND** Unilab at (+632) 858-1000 or productsafety@unilab.com.ph. By reporting undesirable effects, you can help provide more information on the safety of this medicine.

AVAILABILITY
In box of 100 tablets. (In flex foil) **-** DRP-7264

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Trusted Quality Healthcare