

NATURALLE NATURAL VITAMIN E 250 IU SOFTGEL CAPSULE[®]

D-Alpha Tocopherol/Natural Vit E (250IU/Capsule)

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What Naturalle Natural Vitamin E 250 IU Softgel Capsule is used for

Naturalle Natural Vitamin E 250 IU Softgel Capsule is used for Vitamin E deficiency states.

How Naturalle Natural Vitamin E 250 IU Softgel Capsule works

Naturalle Natural Vitamin E 250 IU Softgel Capsule contains D-Alpha Tocopherol/Natural Vit E as active ingredients. As an antioxidant, in conjunction with dietary selenium, vitamin E protects polyunsaturated fatty acids in membranes and other cellular structures from attack by free radicals and red blood cells against hemolysis. Protection against oxygen radical damage appears to be important for the development and maintenance of nerve and muscle function.

Vitamin E may also act as a cofactor in some enzyme systems.

Before you use Naturalle Natural Vitamin E 250 IU Softgel Capsule

- When you must not take it

Do not take this medicine if you have an allergy to D-Alpha Tocopherol/Natural Vit E or any of the other ingredients listed at the end of this leaflet.

Do not take Naturalle Natural Vitamin E 250 IU Softgel Capsule if you are hypersensitive to Vitamin E.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your doctor.

- Before you start to use it

Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor if you are taking oral anticoagulants, hormone products containing estrogen, vitamin K or iron supplements.

- Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

How to use Naturalle Natural Vitamin E 250 IU Softgel Capsule

Follow all directions given to you by your doctor or pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions, ask your doctor or pharmacist for help.

- How much to take it

Take Naturalle Natural Vitamin E 250 IU Softgel Capsule 1-3 capsules daily with food in divided doses or as directed by physicians

- When to use it

Take Naturalle Natural Vitamin E 250 IU Softgel Capsule as directed by physician.

- How long to use it

Take your medicine for as long as your doctor tells you.

If the pain continues, tell your doctor.

- If you forget to use it

Take your dose as soon as you remember, and continue to take it as you would normally.

Do not take a double dose to make up for the dose that you missed.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

- If you use too much (overdose)

Immediately telephone your doctor for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much Naturalle Natural Vitamin E 250 IU Softgel Capsule.

Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

While you are using it

- Things you must do

Always follow your doctor's instructions carefully.

Tell all the doctors, dentists and pharmacists who are treating you that you are taking Natural Vitamin E 250 IU Softgel Capsule.

If you are about to start on any new medicine, remind your doctor and pharmacist that you are taking Natural Vitamin E 250 IU Softgel Capsule.

- Things you must not do

Do not take Natural Vitamin E 250 IU Softgel Capsule to treat any other complaints unless your doctor tells you to.

Do not give your medicine to anyone else, even if they have the same condition as you.

- Things to be careful of

Be careful in driving or operating machinery until you know how Natural Vitamin E 250 IU Softgel Capsule affects you.

Side effects

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

Ask your doctor or pharmacist to answer any questions you may have.

The following side effects may occur if taken at higher dose:

- Abdominal pain
- Diarrhoea
- Gastrointestinal disturbances
- Blurred vision
- Breast enlargement in males and women
- Dizziness
- Flu-like syndrome headache

- Nausea
- Fatigue and weakness

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835490, or visiting the website www.npra.gov.my [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of Natural Vitamin E 250 IU Softgel Capsule

- Storage

Keep your medicine in the original container. If you take it out of its original container it may not keep well.

Keep your medicine in a dry place where the temperature stays below 25°C. Protect from light.

Do not store Natural Vitamin E 250 IU Softgel Capsule or any other medicine in the bathroom or near a sink.

Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.

- Disposal

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Product Description

- What it looks like

5 minim, oval-shaped, clear yellow softgel capsule.

- Ingredients

Active ingredients:

D-Alpha Tocopherol/Natural Vitamin E

Inactive ingredients:

Soya Bean Oil

- MAL number

MAL19984062X

Manufacturer

Duopharma Manufacturing (Bangi) Sdn. Bhd.
Lot 2 & 4, Jalan P/7, Section 13, Bangi Industrial Estate, 43650 Bandar Baru Bangi, Selangor Darul Ehsan.

Product Registration Holder

Duopharma Manufacturing (Bangi) Sdn. Bhd.
Lot 2, 4, 6, 8 & 10, Jalan P/7, Section 13, Bangi Industrial Estate, 43650 Bandar Baru Bangi, Selangor Darul Ehsan.

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