

MULTICO TABLET

Vitamin A/ Vitamin D/ Vitamin B1/ Vitamin B2/ Vitamin B6/ Vitamin C/ Nicotinamide
(5000 iu/ 400 iu/ 1.5mg/ 2mg/ 1mg/ 37.5mg/ 20mg)

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What Multico Tablet is used for

Multico Tablet is used as a dietary supplement.

How Multico Tablet works

The combination of vitamins in this medicine help prevent or treat vitamin deficiencies, enhance energy levels, and support overall health.

Before you use Multico Tablet

- When you must not use it

Do not use Multico Tablet if you:-

- are hypersensitive to vitamin A, vitamin D, vitamin B1, vitamin B2, vitamin B6, vitamin C, nicotinamide or any other ingredients of this medicine (listed in Product Description).
- have high levels of calcium in your blood or urine.

- Before you start to use it

You should check with your doctor if you have :

- certain serious conditions like pernicious anemia (vitamin B12 deficiency that affects nerves) or specific severe vitamin deficiencies.

- Taking other medicines

There are a few medicines which may interact with Multico Tablet. Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

You should talk to your doctor or pharmacist if you are taking:-

- Oral contraceptives.
- Digitalis (heart medication).
- Anti-seizure medications.
- Levodopa (medicine to treat Parkinson disease).
- Cholestyramine (used to lower cholesterol).
- Fluphenazine (used for mental health).
- Other medications that contains vitamin A or D.

How to use Multico Tablet

- How much to use

To be taken orally.
Take 1 tablet daily.

- When to use it

Take once daily.

- How long to use it

Take Multico Tablet for the duration that your doctor or pharmacist recommends.

- If you forget to use it

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

- If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Taking too much of certain vitamins can cause various symptoms. An overdose of vitamin A may lead to nausea, vomiting, headache, dizziness, blurred vision, dry or itchy skin, joint pain, and fatigue. Too much vitamin D can result in loss of appetite, nausea, constipation, increased thirst and urination, muscle weakness, tiredness, and even kidney problems due to high calcium levels. Overdosing on vitamin C might cause stomach cramps, diarrhea, nausea, and increase the risk of kidney stones, as well as interfere with lab test results. High doses of vitamin B6 (pyridoxine) can lead to numbness or tingling in the hands and feet, poor coordination, and tiredness.

While you are using it

- Things you must do

- Tell all the doctors, dentists and pharmacists treating you that you are taking Multico Tablet.
- Tell your doctor immediately if you become pregnant while taking this medication.

- Things you must not do

- Do not take any new medicines without consulting your doctor.
- Do not give Multico Tablet to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of

Driving and using machines

Be careful driving or operating machinery until you know how Multico Tablet affects you.

Side effects

Like all medicines, Multico Tablet can cause side effects, although not everybody gets them.

• Vitamin A

Taking too much vitamin A over a long time (a condition called hypervitaminosis A) can cause:

- Tiredness, irritability, loss of appetite, and weight loss
- Nausea, vomiting, stomach discomfort
- Low-grade fever and frequent urination
- Itchy skin, hair loss, cracked or bleeding lips, and dry, peeling skin
- Thickened skin and yellowish skin tone
- Headaches, vision problems, and anemia
- Swelling under the skin, bone and joint pain, tenderness in long bones
- In children: Early bone growth closure, which may stop height growth, and symptoms that may look like a brain tumor (e.g., high pressure in the head, eye swelling)

• Vitamin D

- Too much vitamin D (causing high calcium levels) can lead to:

Early symptoms:

- Weakness, tiredness, headache
- Nausea, vomiting, dry mouth, constipation
- Muscle and bone pain, metallic taste in mouth

Later symptoms:

- Frequent urination (especially at night), constant thirst, weight loss
- Irritability, eye sensitivity to light, runny nose, itchy skin
- Fever, reduced interest in sex, protein in urine, high cholesterol
- Calcium build-up in soft tissues, high blood pressure, irregular heartbeat
- In rare cases: Mental health changes like psychosis

• Vitamin B

- Generally very well tolerated
- Side effects are rare
- Occasionally, people may have allergic reactions, like rash or itchiness

- Vitamin C

Usually safe, but in some people it may cause:

- Allergic reactions (like eczema, hives, or asthma)
- Diarrhea with high doses
- Kidney stones if taken in large amounts over time

Any other effects not listed above may also occur in some people. Please refer to your doctor or pharmacist if you experience any other side effects while taking this medication.

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

Storage and disposal of Multico Tablet

- Storage

Store at temperature 25°C.

- Disposal

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

Product Description

- What it looks like

Oval, red, sugar-coated tablet with no markings or embossment.

- Ingredient(s)

- Active Ingredients

- Vitamin A
- Vitamin D
- Vitamin B1
- Vitamin B2
- Vitamin B6
- Vitamin C
- Nicotinamide

- Inactive Ingredients

- Lactose
- Corn Starch
- Polyvinyl Pyrrolidone (PVP) K-90
- Isopropyl Alcohol
- Magnesium Stearate
- Shellac
- Calcium Carbonate
- Talcum
- Acacia
- Gelatin
- Sugar
- Quinoline Yellow
- Ponceau C 4R
- Deionised water

- MAL number

MAL19971891X

Manufacturer & Product Registration Holder

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