

LIVE-WELL® MECOMIN CAPSULE

Mecobalamin (500mcg)

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What *Live-well® Mecomin* is used for

Live-well® Mecomin is used for the treatment of nerve pain, numbness, tingling, burning sensation, loss of feeling and paralysis due to diabetes-related peripheral neuropathies (damaged to peripheral nerve) such as diabetic nerve damage and polyneuritis (inflammation of multiple nerves).

How *Live-well® Mecomin* works

Live-well® Mecomin contains mecobalamin. Mecobalamin works to repair damaged nerve tissue in nerve disorder such as degeneration of nerve cells (axonal degeneration) and damaged insulating layer that forms around nerves (demyelination). Mecobalamin is also involved in red blood cells maturation, promotion of red blood cells division, and heme synthesis, thus acting to improve the status of the blood in megaloblastic anemia.

Before you use *Live-well® Mecomin*

- When you must not use it
 - Do not take *Live-well® Mecomin* if you are hypersensitive to any component of a vitamin B12 containing product.
 - If you are pregnant or breastfeeding, please consult your doctor or healthcare professional before taking this product.
- Before you start to use it
If possible, consult a doctor or pharmacist to confirm the diagnosis.

- Taking other medicines

Consult a doctor or pharmacist if you are taking neomycin, aminosalicylic acid, histamine H2-antagonists, and colchicines as the absorption of Vitamin B12 from the gastrointestinal tract may be reduced. Serum concentrations may be decreased by concurrent use of oral contraceptives.

How to use *Live-well® Mecomin*

- How much to use

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

Adult: Oral administration 1 capsule 3 times a day (1500mcg of Mecobalamin). The dosage should be adjusted according to age of patient and severity of symptoms.

- When to use it

Always swallow the capsules whole with a glass of water

- How long to use it

As per the dosage recommendation

- If you forget to use it

Take the missed dose as soon as you remember.

- If you use too much (overdose)

There are no reports of Vitamin B12 overdosage in the literature.

While you are using it

- Things you must do

Take your dose exactly as given in the leaflet.

- Things you must not do

Do not use the product after the expiry date which is stated on the pack after 'EXP'. The expiry date refers to the last day of the month.

- Things to be careful of

- Regular monitoring of the blood is advisable.

- Administration of doses greater than 10mcg may effect normalization of blood count patients in with folate deficiency (lack of folic acid); indiscriminate use may masks the precise diagnosis
- If your occupation requires handling of mercury or its compounds, prolonged use of larger doses of mecobalamin is not recommended.

Side effects

Do not be alarmed by this list of possible side effects. You may not experience any of them.

- Gastrointestinal: Symptoms e.g., anorexia, nausea or diarrhea may occur infrequently.
- Dermatologist: Skin rash may occur rarely.
- Others: Headache, sweating, hot sensation and hypersensitivity to mecobalamin or any component of the capsule.

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

Storage and Disposal of *Live-well® Mecomin*

- Storage

Store in dry place below 30°C. Protect from moisture and light.

- Disposal

Products 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

Two pieces, orange opaque colored hard vegetable capsule of size '1' containing white to off-white pinkish powder with fine dark red crystals.

- Ingredients

- Active ingredient(s)

- Mecobalamin

- Inactive ingredients

- Microcrystalline Cellulose pH 101
- Dicalcium Phosphate Anhydrous
- Colloidal Silicone Dioxide
- Sodium Starch Glycollate
- Magnesium Stearate

- MAL number:

MAL06071119X

Manufacturer

PAHANG PHARMACY SDN. BHD.

(10826-K)

Lot 5979, Jalan Teratai,

5 ½ Miles Off Jalan Meru,

41050 Klang,

Selangor Darul Ehsan, Malaysia.

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