

BLACKMORES BIO E 500 CAPSULE

Vitamin E (500 IU)

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What *Blackmores Bio E 500* is used for

Blackmores Bio E 500 provides natural vitamin E for people who have vitamin E deficiency. It has approximately twice more available (easily absorbed) as compared to synthetic vitamin E, so it is retained longer and more active in the body.

How *Blackmores Bio E 500* works

Vitamin E is a natural antioxidant and free radical scavenger. Vitamin E is an antioxidant that converts free radicals into less reactive and non-harmful forms. This effect helps to decrease the damage caused by free radicals on human cells.

Before you use *Blackmores Bio E 500*

- *When you must not use it*

If you have allergies to vitamin E or any of the ingredients in the product. Please refer to the Product Description section in this leaflet for a list of ingredients in this product.

Some of the symptoms of an allergic reaction may include:

- Difficulty breathing
- Swelling of the face and throat
- Skin rash
- Itching

Do not use the product if you are pregnant or breastfeeding.

Do not use the product beyond the expiry date printed on the pack, or if the packaging is torn or shows signs of tampering.

- *Before you start to use it*

Tell your doctor or pharmacist:

- If you have heart and blood vessel disease.
- If you have cancer of the head and neck.
- If you are pregnant or breastfeeding.

- *Taking other medicines*

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

- Some medicines may sometimes change the normal uptake of vitamin E in the body.
- These medicines may include:
 - Cholestyramine, colestipol (medicine for high blood cholesterol level)
 - Orlistat (medicine for the treatment of obesity)

- High doses of vitamin E may also sometimes increase the effects of oral anticoagulants (medicines that stop blood from clotting).

How to use *Blackmores Bio E 500*

- *How much to use*

Adults: take 1 capsule a day

Children (under the age of 12 years): Not recommended.

- *When to use it*

Take with meals, or as professionally prescribed.

- *How long to use it*

Keep taking *Blackmores Bio E 500* for as long as your doctor or pharmacist recommends.

- *If you forget to use it*

Do not take a double dose to make up for a forgotten individual dose but continue the treatment with *Blackmores Bio E 500* as indicated in this leaflet.

- *If you use too much (overdose)*

If you take more than the recommended dose, speak to your doctor or pharmacist and take this leaflet with you.

The risk of side effects resulting from acute excess intake of vitamin E appears to be very low.

Large doses may cause diarrhoea, abdominal pain and other gastrointestinal disturbances, and have also been reported to cause blurred vision, dizziness, fatigue and weakness. However, no reported effects have been consistently observed or shown in controlled trials.

Taking large doses of vitamin E over long periods have been reported to increase bleeding tendency in vitamin K deficient individuals such as those taking oral anticoagulants or estrogen hormone.

While you are using it

- *Things you must do*

Ask your doctor or pharmacist for advice before taking any medicine.

Take *Blackmores Bio E 500* exactly as indicated in this leaflet.

If you are about to be started on any new medicine, tell your doctor, dentist or pharmacist that you are taking *Blackmores Bio E 500*.

Check with your pharmacist or doctor as soon as possible if you have any problems while taking *Blackmores Bio E 500*, even if you do not think the

problems are connected with the medicine or are not listed in this leaflet.

- Things you must not do

Do not take it to treat any other complaints, unless your doctor tells you to.

Do not give this product to anyone else, even if their symptoms seem similar to yours.

- Things to be careful of

If you feel dizzy or tired or having blurred vision, do not drive or operate machines.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking *Blackmores Bio E 500*.

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

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

If you experience any of the side effects after taking *Blackmores Bio E 500*, STOP taking this product and tell your doctor or pharmacist immediately.

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 *Blackmores Bio E 500*

- Storage

Keep it in a dry place out of sunlight, where the temperature stays below 30°C.

Do not store it or any other medicine in the bathroom or near a sink.
Do not leave it in the car or on a window sill.

Heat and dampness can destroy some medicines.

Keep it where young children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

- 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

Blackmores Bio E 500 is a clear, unprinted, oblong shaped, soft gelatin capsule.

- Ingredients

- Active ingredient:
 - Vitamin E (natural source) 500IU equivalent to d-alpha-tocopherol 335mg
- Inactive ingredients:
 - Soya oil
 - Gelatin
 - Glycerol
 - Water-purified

Gelatin in soft gel shell is from bovine source.

- MAL number

MAL20000314XCR

Manufacturer

Contract manufactured for Blackmores by: Catalent Australia Pty Ltd, 217-221 Governor Road, Braeside VIC 3195 Australia.
Packed by: Blackmores Ltd, 20 Jubilee Avenue, Warriewood NSW 2102 Australia.

Product registration holder

Blackmores (Malaysia) Sdn Bhd,
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