

SHINE VITAMIN B-COMPLEX

Thiamine Mononitrate (B1) (10mg), Riboflavin (B2) (15mg), Nicotinamide (B3) (15mg), Calcium Pantothenate (B5) (5mg), Pyridoxine Hydrochloride (B6) (2mg), Cyanocobalamin (B12) (2mcg)

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What SHINE VITAMIN B-COMPLEX is used for

SHINE VITAMIN B-COMPLEX is used to treat or prevent vitamin B deficiency due to certain illnesses, e.g., glossitis (inflammation of tongue), angular stomatitis (inflammation in the corner of mouth), neuritis (inflammation of nerve), eczema seborrhoicum (red, scaly skin) and urticaria (hives) or during pregnancy, e.g., hyperemesis gravidarum (severe nausea, vomiting).

How SHINE VITAMIN B-COMPLEX works

SHINE VITAMIN B-COMPLEX functions as a coenzyme and helps the body in processing and using carbohydrate, protein and fat as energy.

Before you use SHINE VITAMIN B-COMPLEX

When you must not use it

Do not take SHINE VITAMIN B-COMPLEX if you are allergic to any of the ingredients or excipient.

Before you start to use it

Tell your doctor or pharmacist if you are allergic to any other medicines or you have any other health related problems.

Taking other medicines

Seek for your doctor or pharmacist advice if you intended to use SHINE VITAMIN B-COMPLEX together with other medication. Besides, you must also inform them about all the medicines you are taking, including those without a prescription.

How to use SHINE VITAMIN B-COMPLEX

How much to use

For an adult, the dosage is 1-2 tablets twice daily.

When to use it

SHINE VITAMIN B-COMPLEX should be taken according to the time advised by your doctor or pharmacist.

How long to use it

SHINE VITAMIN B-COMPLEX should be taken as your doctor advised you to do so.

If you forgot to use it

If you miss a dose of SHINE VITAMIN B-COMPLEX and you are taking it regularly, take it as soon as possible. If it is approaching time for the next dose, do not double the dose to make up for the forgotten dose, unless advised by your health care provider. Do not take 2 doses at once.

If you use too much (overdose)

SHINE VITAMIN B-COMPLEX is a water-soluble vitamin, toxic level seldom built up or stored in the body. Any excess of SHINE VITAMIN B-COMPLEX is most likely excreted through urine.

While you are using product SHINE VITAMIN B-COMPLEX

Things you must do

Follow your doctor's instruction when you are taking SHINE VITAMIN B-COMPLEX

Things you must not do

Do not stop taking the medicine unless advised by your doctor.

Do not take any new medicines without consulting your doctor or pharmacist.

Do not give SHINE VITAMIN B-COMPLEX to anyone else, even if they have the same symptoms or condition as you.

Things to be careful of

Driving and using machines

This medicine may affect your ability to drive or use machines. If the tablets make you feel sick, dizzy or tired, or give you a headache, do not drive or use machines and contact your doctor immediately.

Side effects

Like all medicines, SHINE VITAMIN B-COMPLEX can cause side effects, although not everybody gets them.

Visit your doctor or pharmacist immediately if you experience any side effects after taking this medicine.

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 SHINE VITAMIN B-COMPLEX

Storage

Store below 30°C, protect from light & moisture. Keep in a tight container.

Disposal

SHINE VITAMIN B-COMPLEX should be disposed when your doctor or pharmacist tells you to stop taking this tablet or it has passed the expiry date. Ask your pharmacist how to dispose medicines that are no longer required.

Product description

What it looks like

An orange colour round-shape tablet with smooth surface.

Ingredients

Active ingredient-
Thiamine Mononitrate
Riboflavin
Nicotinamide
Calcium Pantothenate
Pyridoxine Hydrochloride
Cyanocobalamin

Inactive ingredients-

Ethanol 96%
Isopropyl Alcohol
Dimethylpolysiloxane
Ponceau 4R
Colour Sunset Yellow
Titanium dioxide
Neusilin UFL2
Polyethylene glycol
Magnesium Stearate
Lactose
Explotab (Sodium Starch Glycolate)
Microcrystalline Cellulose
Hydroxypropyl Cellulose
Carboxymethylcellulose Calcium
Hydroxypropyl Methylcellulose

MAL number

MAL19987358XZ

Manufacturer

Y.S.P. Industries (M) Sdn. Bhd.
Lot 3, 5, 7, 12 & 14, Jalan P/7, Section 13,
Kawasan Perindustrian Bandar Baru Bangi,
43000 Kajang, Selangor, Malaysia.

Product Registration Holder

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43000 Kajang, Selangor, Malaysia.

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