

B-COBAL FILM-COATED TAB

Mecobalamin/ Vitamin B1/ Vitamin B6 (0.5mg/ 100mg/ 200 mg)

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1. What B-cobal is used for

B-cobal is used for neurological and other disorders associated with disturbance of the nerve cell metabolism in which high dose B-complex vitamins play a role. These include: Polyneuritis (inflammation of several nerves at one time): neuralgias (pain due to nerve damage) eg: lumbago (waist pain), sciatica (pain on lower back, hip to leg), root irritation due to degenerative changes of the vertebral column, shoulder arm syndrome (pain, stiffness of shoulder and arm), herpes zoster (chicken pox), cervical syndrome (neck pain), ischialgia (pain in the hip), etc: diabetic neuropathy, metabolic and neuropathic changes due to pregnancy and oral contraceptives: convalescence. It also treats megaloblastic anemia due to vitamin B12 deficiency.

2. How B-cobal works?

B-cobal is a combination of the 3 essential neurotropic vitamin B groups vitamin B1, B6 and B12 are indispensable to normal nerve cell metabolism. Vit B1 is involved in carbohydrate metabolism and in nerve transmission. Vit B6 need to make cells of the immune system. Mecobalamin acts to repair damaged nerve tissue in nerve disorders. This combination greatly enhances their therapeutic efficacy as compared to the effect of the respective factors given individually.

3. Before you use B-cobal

-When you must not use it

If you are allergic to vitamin B, mecobalamin or any other ingredients in the product.

-Before you start to use it

Read the product instructions and this leaflet carefully to understand how this medication to be taken.

-Take other medicines

Talk to your doctor or a pharmacist, if you are taking

- t Metformin, histamine H-2 receptor antagonists (cimetidine, ranitidine), omeprazole, aminoglycosides, colchicines, aminosalicic acid, anticonvulsants, neomycin and alcohol, as those might be decrease absorption of vitamin B12.
- antibiotics, such as Tetracycline.
- antidepressant medications, Tricyclic.
- Digoxin.
- levodopa.
- oral contraceptives.
- any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.
- if you are pregnant, planning to become pregnant, or breast-feeding.
- if you have allergies to medicines, foods, or other substances

4. How to use B-cobal

-How much to use

Adults

Orally administer 1 tablet 3 times a day. The dosage should be adjusted according to the age of patient and severity of symptoms.

-When to use it

It can be taken anytime of the day and preferably after meals.

-How long to use it

- Depend on your doctor prescription.
- This product should not be used for more than one month unless it

is effective.

-If you forget to use it

You shall not take a double dose to compensate for the forgotten one. Just take the next dose as planned.

-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.

5. While you are using B-cobal

-Things you must do

Follow the dose and duration of treatment prescribed by your medical providers. You must see a doctor if your symptoms worsen or do not improve.

-Things you must not do

Do not use this medicine after the expiry date on the carton or strip.

-Things to be careful of

- If the medicine makes you feel sick, dizzy or tired, or give you a headache, do not drive or use machine and contact your doctor immediately.
- The prolonged use of larger doses of mecobalamin is not recommended for patients whose occupation requires the handling of mercury or mercury compounds.

6. Side effects

Hypersensitivity reactions to vitamin B1 eg, sweating, tachycardia (rapid heartbeat), and skin reactions with itching and urticaria are very rare. Chromaturia ("reddish urine", appears during the first 8 hours after an administration and typically resolves within 8 hours after an administration and typically resolves within 48 hours) may occur.

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Gastrointestinal complaints eg, nausea, vomiting, diarrhoea or abdominal pain may occur.

Check with your doctor or pharmacist for further information. 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 [Consumer → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

7. Storage and Disposal

-Storage

Store below 30°C in an airtight container. Protect from light and moisture.

Keep out of reach of children.

-Disposal

Dispose the empty bottle or blister strip to the waste disposal bin.

8. Product description

-What it looks like

A round, red film-coated tablet.

-Ingredients

Active ingredients:
Mecobalamin, vitamin B1 and Vitamin B6

Other excipients:
Mannitol, crospovidone, pregelatinised starch, butylated hydroxyanisole (BHA), calcium stearate, colloidal silica, talc, corn starch, hydroxypropylmethylcellulose (HPMC), titanium dioxide, macrogol (PEG), and red iron oxide.

-Registration Number

B-cobal Film-Coated Tab
MAL08082444XZ

9. Manufacturer & Product Registration Holder

AV Manufacturing Sdn. Bhd.
Lot10621, Jalan Permata 2, Arab
Malaysian Industrial Park,
71800 Nilai, Negeri
Sembilan, Malaysia

10. Date of Revision

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