

# Package insert

hovid

## VITA B-CO FILM COATED TABLET

VIVIT01-var3

### DESCRIPTION

Round, yellow film-coated tablet, with shallow convex faces; "HD" embossed and scored on the same face.

### COMPOSITION

Each tablet contains:

Vitamin B <sub>1</sub>	9.7 mg (US RDA 1.5 mg)
Vitamin B <sub>2</sub>	3.0 mg (US RDA 1.7 mg)
Vitamin B <sub>6</sub>	1.0 mg (US RDA 2.0 mg)
Vitamin B <sub>3</sub>	25.0 mg (US RDA 20.0 mg)
Vitamin B <sub>5</sub>	1.0 mg (US RDA 10.0 mg)
Vitamin B <sub>12</sub>	5.0 µg (US RDA 6.0 µg)

### ACTIONS AND PHARMACOLOGY

The B vitamins are essential for growth, cell replication, tissue respiration, hematopoiesis, nucleoprotein and myelin synthesis, as well as for various metabolic functions, including metabolism of carbohydrates, proteins and lipids. They are readily absorbed orally except in malabsorption syndromes, metabolised in the liver and excreted mainly via the kidneys.

### INDICATIONS

Used as a health supplement.

### CONTRAINDICATIONS

Not recommended for patients with Leber's disease since optic nerve atrophy may occur.

### PRECAUTIONS

- Caution in patients with gout; heart or hepatic disease, hemophilia; diabetes mellitus; glaucoma or peptic ulcer.
- Do not exceed the recommended dosage during self-medication with B-Complex Tablet; and follow physician's directions if medication is prescribed.

### MAIN SIDE/ADVERSE EFFECTS

Diarrhoea, itching, headache and yellow discoloration of urine may occur.

### DRUG INTERACTIONS

- B-Complex Tablet may reduce the effects of levodopa.
- Concurrent use with probenecid may decrease gastrointestinal absorption of riboflavine.

### OVERDOSAGE

Clinical features: Anorexia, nausea, vomiting, diarrhoea, abdominal pain, flushing, itchiness, faintness. Treat overdosage by the necessary symptomatic measures.

### DOSAGE AND ADMINISTRATION

Adults : 2 tablets once daily with / without food.

Note : The information given here is limited. For further information, consult your doctor or pharmacist.

Storage : Store below 25°C. Protect from light and moisture.  
Presentation/Packing : Blisters of 10 x 10's.  
Product Registration Holder : HOVID Bhd., 121, Jalan Tunku Abdul Rahman (Jalan Kuala Kangsar), 30010 Ipoh, Perak, Malaysia.  
Manufactured by : HOVID Bhd., Lot 56442, 7 1/2 Miles, Jalan Ipoh/Chemor, 31200 Chemor, Perak, Malaysia.

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