

PATIENT INFORMATION

BEGROCIT[®] effervescent tablets

What is Begrocit and when is it used?

Begrocit contains a combination of the vitamins of the B complex, vitamin C and calcium.

These active substances are important for the formation and functioning of the nerve cells (vitamins of the B complex), reinforce the body's defence against infections (vitamin C) and are important for the formation of bone and teeth (calcium). Slight deficiencies of these substances can appear in case of heavy physical exertion, unbalanced diet, infectious diseases that are treated with certain antibiotics, excessive alcohol intake and smoking.

When must Begrocit not be used?

Begrocit must not be used in case of impaired renal function, raised calcium level in the blood, kidney stones or allergy to one or more of its active substances.

When is caution indicated with the use of Begrocit?

With the concomitant use of Begrocit and antibiotics (tetracycline type) an interval of at least 3 hours must be allowed between the two drugs.

Tell your doctor, pharmacist or druggist if you are suffering from other diseases, have allergies or are taking other drugs (including over-the-counter preparations!)

Can Begrocit be taken during pregnancy or breast feeding?

You may take vitamins during pregnancy and breast feeding, in amounts corresponding to the daily requirement. However, with the daily vitamin doses contained in Begrocit, this drug should be taken only after consulting your doctor.

How do you take Begrocit?

One effervescent tablet per day, dissolved in about 2 dl water.

You must consult your doctor or pharmacist regarding the length of the treatment. As a rule, Begrocit is taken until the deficiency state has disappeared.

Keep to the dosage stated on the pack or prescribed by your doctor. If you think the effect of the drug is too strong or too weak, speak to your doctor, pharmacist or druggist.

What side effects can Begrocit have?

If the recommended dosage is adhered to, no unwanted effects are to be expected.

Yellow coloration of the urine after taking Begrocit is normal and is due to the vitamin B2 content.

What else has to be considered?

Effects on diagnostic methods:

In diabetics, the vitamin C content can interfere with the determination of glucose in the urine. It is therefore recommended to stop taking Begrocit for a few days before a urine-sugar test.

Keep drugs out of the reach of children!

Shelf-life:

Begrocit may be used only up to the date indicated with "EXP" on the packing. It must be kept in its original packing, dry and at room temperature (up to 25°C). Further information may be obtained from your doctor, pharmacist or druggist.

What is contained in Begrocit?

One effervescent tablet contains:

Vitamin B1 (thiamine nitrate) 15 mg, vitamin B2 (riboflavin phosphate sodium) 15 mg, vitamin B6 (pyridoxine hydrochloride) 10 mg, nicotinamide 50 mg, calcium pantothenate 25 mg, biotin 0.15 mg, vitamin B12 (cyanocobalamin) 10 µg, vitamin C (ascorbic acid) 1 g, calcium (as carbonate and glycerophosphate) 117 mg, sweetener (cyclamate), flavourings.

Note for patients with high blood pressure:

One effervescent tablet contains 0.36 g sodium (this corresponds to about 1 g salt).

Where can you obtain Begrocit?

What packings are available?

In pharmacies and drugstores, without medical prescription.

Original packs of 10 effervescent tablets.



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This package insert was last reviewed by the Swiss drug authority (IKS) in February 1996.