



## UNIVIT® E

### Vitamin E

#### Description:

**UNIVIT® E** is a Vitamin E (dl- $\alpha$ -tocopheryl acetate) preparation with antioxidant and nutritive properties. It acts as biological antioxidant by protecting polyunsaturated fatty acids (PUFA) in cell membranes and other cellular constituents from oxidation to free radicals and prevents the formation of toxic oxidation products, which may contribute in the development of chronic diseases such as cancer.

It helps in the protection of body tissues and maintenance of red blood cells, which carry oxygen throughout the body so it is useful in maintaining healthy skin, hair and nails.

Vitamin E is known as 'sex vitamin' that carries oxygen to sex organs, in addition to protecting sperm membranes against harmful free radical damage. It aids in prevention of miscarriages

Vitamin E enhances Vitamin A utilization by the body, and acts as a cofactor in some enzyme systems. Vitamin E may also inhibit platelet aggregation if administered at high doses.

#### Indications:

**UNIVIT® E** is indicated in:

- Mainly as prophylaxis and treatment of Vitamin E deficiency (major signs are the development of myopathic and neurological disorders) which may occur as a result of malabsorption syndromes due to cystic fibrosis and hepatic biliary tract diseases such as cholestasis gastrectomy or intestinal diseases like regional enteritis.
- All conditions in which fat malabsorption (steatorrhea) occurs.
- To meet raised requirements of Vitamin E, due to high intake of polyunsaturated fatty acids; intake of Cholestyramine, Colestipol, mineral oil and Iron supplements.
- In treatment of hemolytic anemia due to Vitamin E deficiency in premature infants.
- Protection against the toxic effects of oxygen in patients undergoing oxygen therapy (in intensive care unit).
- As an adjuvant in muscle or connective tissue diseases.
- Could be tried in some disorders like dyslipoproteinemia with high LDL cholesterol and low HDL cholesterol, Abetalipoproteinemia, intermittent claudication, retrolental fibroplasia, hematological disorders (like  $\beta$ -thalassemia, sickle cell disease), deficiency of glucose-6-phosphate dehydrogenase (favism) or of glutathione synthetase.
- Prevent or delay coronary heart disease, by limiting the oxidation of LDL cholesterol. Also prevent formation of blood clots, which could lead to heart attack.
- Male and female infertility due to the aging of the reproductive system and which caused by oxidation and free radical production.

#### Dosage and administration:

**Recommended Daily Allowance (US RDA):** 30 IU.

#### Adult dose:

- **Prophylaxis or treatment of Vitamin E deficiency:** 100 - 300 IU daily.
- **Abetalipoproteinemia, intermittent claudication and in muscular or connective tissue disorders:** 300-600 IU daily.
- **Hematological disorders and dyslipoproteinemia:** 400 - 600 IU daily.

- **During oxygen therapy:** 50 - 100 IU/kg of body weight daily.
- **Heart diseases prevention:** Up to 1200 IU daily.
- **Male and female infertility:** 200 - 400 IU daily.

**Children Dose:**

- **Hemolytic anemia due to Vitamin E deficiency in premature infants:** 100 - 200 IU/kg of body weight daily.
- **Treatment or prophylaxis of Vitamin E deficiency:** 1 IU/kg of body weight daily.

**Contraindications:**

Unknown.

**Precautions:**

- Risk to benefit should be considered before using this preparation in persons sensitive to Vitamin E.
- Intake of Vitamin E from diet and other sources should be evaluated in determining dosage requirements.
- The upper tolerable intake level of Vitamin E is 1,500 IU per day because the nutrient can act as an anticoagulant and increase the risk of bleeding problems.

**Use during pregnancy and lactation:**

- Problems in humans have not been documented with intake of normal requirements of Vitamin E by pregnant women.
- Vitamin E is distributed into breast milk. However problems in humans have not been documented with intake of normal requirements.

**Drug indications:**

- High doses might increase the hypoprothrombinemic effect when taken concurrently with oral anticoagulants like coumarin or indandione derivatives.
- Iron sulfate increase catalysis of Vitamin E when both are taken concomitantly, Vitamin E should be taken at least eight hours before or after.

**Side effects:**

The health risk of taking too much Vitamin E is low. Taking Vitamin E supplement containing 800 IU for four months is safe, but long term safety has not been tested.

**Overdosage:**

Large doses may cause symptoms of hypervitaminaminosis including: Diarrhea, abdominal pain, and other gastrointestinal disturbances, also may cause fatigue and weakness.

**Storage conditions:**

**UNIVIT® E 100:** Store between 15 - 30°C.

**UNIVIT® E 400:** Store up to 30°C.

**Presentation:**

**UNIVIT® E 100:** Each soft gelatin capsule contains 100 mg (100 International Units) dl-alpha-tocopheryl acetate (Vitamin E) in packs of 20, 500 and 1000 soft gelatin capsules.

**UNIVIT® E 400:** Each soft gelatin capsule contains 400 mg (400 International Units) dl-alpha-tocopheryl acetate (Vitamin E) in jars of 40 soft gelatin capsules.

**This is a medicament**

- Medicament is a product which affects your health, and its consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sold the medicament.
- The doctor and the pharmacist are experts in medicine, its benefits and risks.
- Do not by yourself interrupt the period of treatment prescribed for you.
- Do not repeat the same prescription without consulting your doctor.
- Keep medicament out of the reach of children.

COUNCIL OF ARAB HEALTH MINISTERS  
UNION OF ARAB PHARMACISTS

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