

# CAL-VIT<sup>®</sup>

## Vitamin B Complex

### Sugar-Coated Tablets, Syrups

**Composition :** CAL-VIT<sup>®</sup> Tablets and Syrups contain the most important members of the Vitamin B Complex in pure form and in therapeutically balanced proportions.

	Per tablet	Per 5ml syrup
Vitamin B1	10 mg	9.5 mg
Vitamin B2	3 mg	0.45 mg
Vitamin B6	5 mg	1.75 mg
Vitamin B12	60 µg	26 µg
Vitamin D3	-	50 I.U.
Sodium hypophosphite	-	3.5mg
Calcium pantothenate	3 mg	2.5 mg
Nicotinamide	-	6.0 mg
Inositol	3 mg	7.5 mg

**Properties and Effects :** The members of the Vitamin B Complex contained in CAL-VIT<sup>®</sup> are components of enzyme systems that regulate various stages of carbohydrate, fat and protein metabolism, each of the components playing a specific biological role (they play essential roles in energy metabolism & in the proper functioning of nerves and the immune system). A deficiency of the vitamins of the B Complex therefore leads to deficiency of coenzymes and hence to impairment of various metabolic reactions.

#### Indications

- For the prophylaxis and treatment of specific vitamin deficiency diseases, such as beriberi, arboflavinosis, cheilosis, glossitis, perlèche and pellagra.
- For the prevention of hypovitaminosis resulting from the administration of vitamin antagonists (anti-infectives, cytostatics, anticonvulsants), a deficient or special diet or loss of appetite (for instance, in the course of feverish illnesses).
- Disorders of absorption as encountered in sprue, celiac disease and diarrhea, and after prolonged treatment with antibiotics during convalescence.
- To meet increased requirements during pregnancy and lactation.
- As an adjuvant in liver disease, neuralgia, neuritis and polyneuritis, and in the treatment of the sequelae of chronic alcoholism (e.g. Cardiomyopathy) and stomatitis as a result of vitamin deficiency.

#### Dosage and Administration

##### Prophylaxis

Children: 7.5 ml syrup two or three times daily.

Adults and Adolescents : 15 ml syrup or 1 sugar - coated tablet two or three times daily.

**Therapy :** According to the severity of the deficiency symptoms.

Take your medication exactly as directed by your doctor. Swallow the tablets whole with fluid. Do not chew or crush them. The syrup may be taken undiluted, although it is better first to mix with a liquid or with semisolid food. Try to take vitamin B complex at the same times each day to avoid missing any doses. If you forget to take a dose, take one as soon as you remember unless it is nearly time for your next dose. Do not take two doses at the same time to make up. If in doubt, speak to your pharmacist or doctor.

**Restrictions on Use:** CAL-VIT<sup>®</sup> must not be given to patients who are known to be hypersensitive to one or more of the ingredients (see COMPOSITION).

**Side Effects:** Vitamin B Complex is unlikely to cause any side-effects except a darker yellow coloration of urine which is due to the body elimination excess Vitamin B2 (Riboflavin). If however you do experience any worrying symptoms which you think may be due to this medicine, speak with your doctor or pharmacist.

**Stability :** This medicine should not be used after the expiry date shown on the outer pack .

#### How Supplied

Sugar - Coated Tablets

Packs of 25 sugar - coated tablets.

Syrup

Glass bottles of 100 ml.

#### THIS IS A MEDICINE

- Medicines are products which affect your health, and failure to follow the instructions may be dangerous for you.
- Follow your doctor's advice carefully, the method of use, and the instructions of the pharmacist who sold you the medicine.
- Your doctor and pharmacist are expert in the use of medicines, and their benefits and risks.
- Do not stop your course of treatment early unless advised to do so by your doctor or pharmacist.
- Do not repeat the same prescription without consulting your doctor.

**KEEP MEDICINES OUT OF THE REACH OF CHILDREN**

