1. What Forceval Capsules are and what they are taken for

Forceval Capsules are a multivitamin and mineral supplement. They contain a combination of 24 essential vitamins, minerals and trace elements.

The human body requires a wide variety of vitamins, minerals and trace elements to perform crucial daily tasks such as releasing energy from food and repairing cell damage. During certain illnesses, your body either cannot get or cannot efficiently use all of the vitamins, minerals and trace elements it needs.

Your doctor, dietician or pharmacist will give you Forceval Capsules if your diet has not provided you with enough vitamins, minerals and trace elements.

Each capsule contains the following 24 essential vitamins, minerals and trace elements, each of which plays a vital role in the efficient daily maintenance of many body processes:
There are 12 vitamins in Forceval Capsules:

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A (as β-Carotene)</td>
<td>2500 iu (Retinol Equivalent) (750 micrograms)</td>
</tr>
<tr>
<td>Vitamin D₂</td>
<td>400 iu (10 micrograms)</td>
</tr>
<tr>
<td>Vitamin B₁ (Thiamin)</td>
<td>1.2 mg</td>
</tr>
<tr>
<td>Vitamin B₂ (Riboflavin)</td>
<td>1.6 mg</td>
</tr>
<tr>
<td>Vitamin B₆ (Pyridoxine)</td>
<td>2.0 mg</td>
</tr>
<tr>
<td>Vitamin B₁₂</td>
<td>3.0 micrograms</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>60 mg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>10 mg</td>
</tr>
<tr>
<td>Biotin</td>
<td>100 micrograms</td>
</tr>
<tr>
<td>Nicotinamide</td>
<td>18 mg</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>4.0 mg</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>400 micrograms</td>
</tr>
</tbody>
</table>

There are 12 minerals and trace elements in Forceval Capsules:

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>108 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>12 mg</td>
</tr>
<tr>
<td>Copper</td>
<td>2.0 mg</td>
</tr>
<tr>
<td>Phosphorous</td>
<td>83 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>4.0 mg</td>
</tr>
<tr>
<td>Zinc</td>
<td>15 mg</td>
</tr>
<tr>
<td>Iodine</td>
<td>140 micrograms</td>
</tr>
<tr>
<td>Manganese</td>
<td>3.0 mg</td>
</tr>
<tr>
<td>Selenium</td>
<td>50 micrograms</td>
</tr>
<tr>
<td>Chromium</td>
<td>200 micrograms</td>
</tr>
<tr>
<td>Molybdenum</td>
<td>250 micrograms</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>400 micrograms</td>
</tr>
</tbody>
</table>

The functions of the vitamins found in Forceval Capsules are:

Vitamin A (β-Carotene) is essential for growth, maintenance of skin and mucous membranes such as the linings of the mouth, nose, lungs, digestive system, colon and for vision, particularly at night.

Vitamin D₂ helps the body absorb calcium, potassium and phosphorous, all of which are vital for healthy bones and teeth.

Vitamin B₁ (Thiamin) is involved in the proper functioning of the heart muscles and for the release of energy from protein, fat and carbohydrate, needed for growth, normal appetite and digestion. Thiamin has also been shown to play a vital role in the normal functioning of the nervous system.

Vitamin B₂ (Riboflavin) plays a key role in energy metabolism, and is required for the metabolism of fats, carbohydrates, and proteins.

Vitamin B₆ (Pyridoxine) helps protein metabolism, along with the maintenance of the nervous and immune systems.

Vitamin B₁₂ is often called the 'red vitamin' because it is required for regulating blood cells.

Vitamin C is an essential vitamin that plays an important role in maintaining the health of our cells, blood vessels and our resistance to infection. Vitamin C also helps bones, teeth, gums, skin and assists the absorption of iron from the blood.

Vitamin E is a highly effective antioxidant, helping to protect the body from the effects of free radicals. It also helps to maintain healthy skin and blood cells.
Biotin is needed for normal growth and development of the skin and hair, the maintenance of a healthy nervous system and the healthy functioning of bone marrow.

Nicotinamide (also known as vitamin B3) is essential for a healthy nervous system.

Pantothenic acid plays a vital role in the process of releasing energy from foods, the role of fat metabolism and the provision of the immune system with antibodies.

Folic acid is required to regulate the growth of cells including red blood cells and protein synthesis.

**The main functions of the minerals and trace elements are:** 1,2,3,4

**Calcium**
- Calcium is necessary for the formation of bones and teeth and plays a vital role in cell function, muscle contraction and in the nervous system.

**Iron**
- Iron forms part of red blood cells which carry oxygen round the body.

**Copper**
- Is required for growth and forms part of enzymes involved in blood and bone formation.

**Phosphorus**
- Phosphorus is necessary for the formation of bones and has an important role in many varied chemical reactions in the body.

**Potassium**
- Potassium is essential in muscle function and in the transmission of nerve impulses.

**Magnesium**
- Magnesium is essential for the formation of bones and teeth, and for the release of energy from food.

**Zinc**
- Zinc is required for growth and cell function, bone metabolism, taste, insulin production and the body’s immune system which fights infection.

**Iodine**
- Involved in functioning of the thyroid gland which regulates many of the metabolic processes in the body.

**Manganese**
- Manganese helps the body to utilise calcium and potassium and maintain the structure of cells.

**Selenium**
- Selenium helps to protect the cells and lipids from free radical damage.

**Chromium**
- Helps the body to use glucose by its action on insulin.

**Molybdenum**
- Is involved in the enzyme processes for protein metabolism.

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**2. Check before you take Forceval Capsules**

**Do not take Forceval Capsules:**
- if you are allergic (hypersensitive) to any of the ingredients of Forceval Capsules (see Section 6 Further information)
- if you suffer from hypercalcaemia (high level of calcium in the blood)
• if you suffer from iron storage disorders such as bronzed diabetes (haemochromatosis)
• if you are allergic to peanut or soya

Do not give Forceval Capsules to children aged under 12.

Take special care with Forceval Capsules
Before you are given Forceval Capsules tell your doctor, dietician or pharmacist if:
• you are pregnant or thinking of becoming pregnant
• you are a smoker
• you have an asbestos related illness such as asbestosis
• you suffer from thyroid problems.

If any of the above applies to you, or if you are not sure, speak to your doctor or pharmacist before taking Forceval Capsules.

Taking other medicines
Tell your doctor if you are taking or have recently taken/used any of the following medicines as they may interfere with Forceval Capsules:
• Phenytoin (used to treat epilepsy)
• Tetracycline antibiotics (used to treat infections) such as doxycycline and minocycline.

Please tell your doctor if you are taking or have recently taken/used any other medicines including other vitamin or mineral products medicines obtained without a prescription.

Pregnancy and breast-feeding
Forceval Capsules contain vitamin A, check with your doctor, dietician or pharmacist for advice before taking this medicine during pregnancy.

Check with your doctor or pharmacist for advice before taking this medicine whilst breast-feeding.

Important information about some of the ingredients of Forceval Capsules
This medicine contains amaranth (E123) and Ponceau 4R (E124), which may cause allergic reactions.

Forceval Capsules contain soya bean oil. If you are allergic to peanut or soya, do not take this medicinal product.

Forceval Capsules contain iron, an overdose could be fatal in children under 12 years.

3. How to take Forceval Capsules
Adults and Elderly: One capsule per day or as prescribed by the doctor. The capsules should be swallowed whole with a glass of water.

Children: Do not give Forceval Capsules to children aged under 12.

What to do if you take more Forceval Capsules than you should
If you (or someone else) accidentally take too many tablets, you should tell your doctor at once or contact the nearest accident and emergency department. Show any left over medicines or the empty packet to the doctor.

If you forget to take Forceval Capsules
Do not worry. If you forget to take a dose, take it as soon as possible, unless it is almost time to take the next dose (within 1-2 hours). Do not take a double dose. Then go on as before.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Forceval Capsules may cause allergic reactions (such as rash), and problems related to your stomach and intestines (such as feeling or being sick and stomach pains).

Reporting of side effects
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Forceval Capsules

Keep out of the reach and sight of children.

Do not take Forceval Capsules after the expiry date which is stated on the carton. The expiry date refers to the last day of that month after EXP.

Do not store above 25ºC. Keep the blister in the outer carton in order to protect from light.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist on how to dispose of medicines no longer required. These measures will help protect the environment.

6. Further information
What is in Forceval Capsules?
The active ingredients in this medicine are: Vitamin A (as β-Carotene), Vitamin D₂, Vitamin B₁, Vitamin B₂, Vitamin B₆, Vitamin B₁₂, Vitamin C, Vitamin E, Biotin, Nicotinamide, Pantothenic acid, Folic acid, Calcium, Iron, Copper, Phosphorous, Magnesium, Potassium, Zinc, Iodine, Manganese, Selenium, Chromium, Molybdenum.
The other ingredients are Soya Bean Oil, Soya Lecithin, Hard Vegetable Fat, Yellow Beeswax, Purified Water, Maize Oil, Gelatin, Glycerine, Ponceau 4R (E124), Amaranth (E123), Titanium Dioxide (E171), Red Iron Oxide Paste (E172), Vegetable Black Paste (E153).

What Forceval Capsules look like and contents of the pack
Forceval Capsules are brown and maroon, soft gelatin capsules. They come in cartons containing 15, 30, 45 or 90 capsules. Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer
The product licence holder is: Alliance Pharmaceuticals Limited, Avonbridge House, Chippenham, Wiltshire, SN15 2BB, UK.

Forceval capsules are manufactured by: EuroCaps Limited, Crown Business Park, Dukestown, Tredegar, Blaenau Gwent, NP22 4EF, UK.

The information in this leaflet applies only to Forceval Capsules. If you have any questions or you are not sure about anything, ask your doctor.

This leaflet was last revised in March 2017.

REFERENCES
1) Dietary Reference Values for Food Energy and Nutrients for the United Kingdom (1991), H.M.S.O

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