

Package leaflet: Information for the patient
Cyanocobalamin 50 micrograms Tablets
Vitamin B₁₂

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

This medicine is available without prescription. However, you still need to take Cyanocobalamin Tablets carefully to get the best results from it.

Keep this leaflet. You may need to read it again. Ask your pharmacist if you need more information or advice.

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

You must talk to a doctor if you do not feel better or if you feel worse

The name of your medicine is Cyanocobalamin 50 micrograms Tablets.
It will be referred to as Cyanocobalamin Tablets for ease of use hereafter.

What is in this leaflet:

1. What Cyanocobalamin Tablets are and what they are used for
2. What you need to know before you take Cyanocobalamin Tablets
3. How to take Cyanocobalamin Tablets
4. Possible side effects
5. How to store Cyanocobalamin Tablets
6. Contents of the pack and other information

1. What Cyanocobalamin Tablets are and what they are used for

Cyanocobalamin Tablets contain cyanocobalamin, which is known as vitamin B₁₂. Vitamin B₁₂ contains cobalt

Most people get enough vitamin B₁₂ from their food, but if you have had stomach surgery, or certain diseases of the intestines, or a restricted diet, you may not absorb enough vitamin B₁₂.

Lack of vitamin B₁₂ in the body causes a disease called pernicious anaemia (reduction in the number of red blood cells) which is often treated with vitamin B₁₂ injections.

Cyanocobalamin tablets are used to treat vitamin B₁₂ deficiency when injections cannot be used.

2. What you need to know before you take Cyanocobalamin Tablets

DO NOT take Cyanocobalamin Tablets:

- if you are allergic to cyanocobalamin or any of the other ingredients of this medicine (listed in section 6).

Those who have an allergic reaction to Cyanocobalamin by injection are often able to take Cyanocobalamin Tablets without problems.

Warnings and precautions:

Talk to your doctor or pharmacist before taking Cyanocobalamin Tablets

If you have any other medical conditions, speak to your doctor before you take these tablets. Your doctor will want to monitor your response to this medicine carefully, particularly if you are young or elderly.

This will probably involve regular examination of your blood every three months for 18 months and then annually.

Talk to your doctor or nurse if you have a known cobalt allergy

Other medicines and Cyanocobalamin Tablets

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

The absorption of Cyanocobalamin tablets may be affected by:

- Neomycin and chloramphenicol which are antibiotics
- Colchicine, a treatment for gout
- Biguanides, e.g. metformin, which are used to treat diabetes
- Cholestyramine which is used to reduce the amount of cholesterol (fats) in the blood
- Potassium chloride which is used to correct potassium deficiency
- Methyl dopa which is used to treat high blood pressure
- Cimetidine which is used to treat excess acid in the stomach causing indigestion or ulcer
- Oral contraceptives

Antibiotics (used to treat infections) and antimetabolites (used to treat some cancers) can affect the blood tests to measure vitamin B₁₂.

Cyanocobalamin Tablets with food, drink and alcohol

Cyanocobalamin Tablets should be swallowed with water and taken between meals.

Pregnancy, breast feeding and fertility

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

As with all drugs Cyanocobalamin Tablets should only be given in pregnancy and when breast feeding if absolutely necessary.

Cyanocobalamin Tablets contains lactose

This medicine also contains lactose (which is a sugar). If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

3. How to take Cyanocobalamin Tablets

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Please read the label carefully, it will tell you how many Cyanocobalamin Tablets to take each day.

The recommended dose is:

Adults and Elderly: one to three tablets daily.

Children: one tablet daily.

Cyanocobalamin Tablets should be swallowed with water and taken between meals. Do not stop taking this medicine, except on your doctor's advice. Your doctor may change the dose, depending on how you react to it.

If you take more Cyanocobalamin Tablets than you should:

If you accidentally take too much of this medicine, bring any remaining tablets and this leaflet with you to your doctor or pharmacist so that they know exactly what you have taken.

If you forget to take Cyanocobalamin Tablets:

If you miss a dose, take it as soon as you remember, if it is within a few hours of the normal time. Otherwise, leave out that dose completely and take your next dose at the normal time it is due. Do not take a double dose to make up for forgotten dose.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. Allergic reactions to these tablets are rare but may show as an itchy rash. Very rarely, a severe allergic reaction may occur causing sudden onset of swelling of the face and neck, and shortness of breath.

Acne-like and blister rashes have been reported rarely.

If any of the side effects become serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

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 or search for MHRA Yellow Card in the Google Play or Apple App Store

By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Cyanocobalamin Tablets

Keep this medicine out of the sight and reach of children.

Do not use Cyanocobalamin Tablets after the expiry date which is stated on label. The expiry date refers to the last day of that month. If your medicine is out of date, take it to your pharmacist who will get rid of it safely.

Store below 25°C (room temperature). Store in the original container/package. Protect from light.

6. Contents of the pack and other Information

What Cyanocobalamin tablets contains

The active substance is cyanocobalamin. Each film coated tablet contains 50 micrograms cyanocobalamin.

Cyanocobalamin Tablets also contains lactose, maize starch, magnesium stearate and purified water. The film coating includes polyvinyl alcohol, titanium dioxide, polyethylene glycol and talc.

What Cyanocobalamin Tablets looks like and contents of pack

The tablets are engraved 'Cytacon' on one face and plain on the reverse.

Cyanocobalamin Tablets are available in container packs of 50 and 100 tablets and blister packs of 28, 56 and 112 tablets (Not all pack sizes may be marketed).

Marketing authorisation holder

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This leaflet was last revised in January 2024 .