

## Vitamin B Compound Strong Film-coated Tablets

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

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- 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 full name of this medicine is Vitamin B Compound Strong Film-coated Tablets but within this leaflet it will be referred to as Vitamin B Compound Strong Tablets.

### What is in this leaflet

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### 1 What Vitamin B Compound Strong Tablets are and what they are used for

Vitamin B Compound Strong Tablets may be used to treat:

- vitamin B deficiency. The effects of a vitamin B deficiency can include: swelling of the tongue, mouth or lips, swelling of nerves which can cause pain, tenderness or loss of function and the growth of new blood vessels in the eye which can affect vision
- the effects on the heart which occur in beriberi (a condition caused by vitamin B<sub>1</sub> (thiamine) deficiency)
- the effects on the skin which occur in pellagra (a condition caused by nicotinamide deficiency).

### 2 What you need to know before you take Vitamin B Compound Strong Tablets

Do not take Vitamin B Compound Strong Tablets and tell your doctor if you:

- are **allergic** (hypersensitive) to nicotinamide, pyridoxine hydrochloride, riboflavine, thiamine mononitrate or any other ingredients of this medicine (listed in section 6).

### Other medicines and Vitamin B Compound Strong Tablets

Please **tell your doctor or pharmacist** if you are taking or have recently taken any other medicines, especially levodopa (for Parkinson's disease) or medicines obtained without a prescription.

### Pregnancy, breast-feeding and fertility

If you are pregnant particularly in the first three months, planning to become pregnant or are breast-feeding, speak to your doctor or pharmacist before taking this medicine.

It is important that you tell your doctor/ pharmacist if you are breast-feeding as you may need a lower dosage of this medicine.

## **Vitamin B Compound Strong Tablets contain lactose**

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 Vitamin B Compound Strong Tablets**

Always take Vitamin B Compound Strong Tablets exactly as your doctor has told you. If you are not sure, check with your doctor or pharmacist.

Swallow the tablets **whole**.

### **Doses:**

#### **Adults (including elderly) and children over 3 years**

1-2 tablets to be taken three times a day.

#### **Children under 3 years**

Not recommended.

#### **If you take more than you should**

If you (or someone else) swallow a lot of tablets at the same time, or you think a child may have swallowed any, contact your nearest hospital casualty department, or tell your doctor or pharmacist immediately.

#### **If you forget to take the tablets**

Do not take a double dose to make up for a forgotten dose. If you forget to take a dose, take it as soon as you remember it and then take the next dose at the right time.

## **4 Possible side effects**

Vitamin B Compound Strong Tablets are unlikely to cause side-effects as any excess vitamin B is excreted from the body.

#### **Reporting of side effects**

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

You can also report side effects directly via the Yellow Card Scheme Website: [www.mhra.gov.uk/yellowcard](http://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 Vitamin B Compound Strong Tablets**

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

Store below 25°C in a dry place.

Do not take Vitamin B Compound Strong Tablets after the expiry date stated on the label/carton/bottle. The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

## **6 Contents of the pack and other information What Vitamin B Compound Strong Tablets contain**

- Each tablet contains the active substances (the ingredients that make the tablets work) 20mg nicotinamide, 2mg pyridoxine hydrochloride, 2mg riboflavin and 4.85mg thiamine mononitrate.
- The other ingredients are stearic acid, magnesium stearate, lactose, maize starch, hypromellose, hydroxypropyl cellulose, medium chain triglycerides, macrogol 3350, pregelatinised maize starch, red and black iron oxides (E172), titanium dioxide (E171).

#### **What Vitamin B Compound Strong Tablets look like and the contents of the pack**

Vitamin B Compound Strong Tablets are brown, circular, biconvex film-coated tablets with the identifying letters "VB" embossed on one side.

The tablets are packed in blisters in a carton box, containing 28, 30, 56, 60, 84, 90, 100, 112, 120, 168, 180, 250, 500, 1000. tablets. Not all pack sizes may be marketed.

#### **Marketing Authorisation Holder and Manufacturer**

Accord, Barnstaple, EX32 8NS, UK.

This leaflet was last revised in September 2020