

# UPHA B6 10 TABLET

Pyridoxine Hydrochloride (10mg)

## What is in this leaflet

1. What Upha B6 10 Tablet is used for
2. How Upha B6 10 Tablet works
3. Before you use Upha B6 10 Tablet
4. How to use Upha B6 10 Tablet
5. While you are using it
6. Side effects
7. Storage and Disposal of Upha B6 10 Tablet
8. Product Description
9. Manufacturer and Product Registration Holder
10. Date of revision

## What Upha B6 10 Tablet is used for

Upha B6 10 Tablet can be used to:

- treat low levels of Vitamin B6 in the body
- treat damage to the nerves (peripheral neuritis) caused by isoniazid (medicine for tuberculosis)
- idiopathic sideroblastic anemia (blood disorder)

## How Upha B6 10 Tablet works

Upha B6 10 Tablets contains Pyridoxine. Pyridoxine is required for the proper function of sugars, fats, and proteins in the body. It is also required for the proper growth and development of the brain, nerves, skin, and many other parts of the body.

## Before you use Upha B6 10 Tablet

### - When you must not use it

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If you are not sure whether you should start taking Upha B6 10 Tablet, talk to your doctor or pharmacist.

### *Pregnancy and lactation*

Do not take Upha B6 10 Tablet if you are pregnant, trying to get pregnant or think you may be pregnant.

Do not take Upha B6 10 Tablet if you are breast-feeding. Ask your doctor or pharmacist for advice before taking any medicine.

### - Before you start to use it

Do not take Upha B6 10 Tablet and tell your doctor if:

- You are allergic (hypersensitive) to pyridoxine Hydrochloride or any other ingredients in this medicine.

Do not take this medicine if any of the above apply to you, talk to your doctor or pharmacist before taking Pyridoxine hydrochloride.

### - Taking other medicines

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

Some medicines and Upha B6 tablets can react to each other. You may need to take your medicines in different amounts or you may need to take different medicines.

Your doctor and pharmacist may have more information on medicines to be careful with or avoid while taking Upha B6 10 Tablet.

## How to use Upha B6 10 Tablet

### - How much to use

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

- Neuritis and deficiency states: 20mg to 50mg three times daily.
- Prevention against isoniazid induced peripheral neuritis: 10-50mg daily.
- Idiopathic sideroblastic anaemia: 100-400mg daily in divided doses.

### - When to use it

Use as directed by your doctor or pharmacist.

### - How long to use it

Continue taking Upha B6 10 Tablet for as long as your doctor recommends.

### - If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

### - If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

## While you are using it

### - Things you must do

Take your medicine exactly as your doctor has told you.

Tell all the doctors, dentists and pharmacists treating you that you are taking Upha B6 10 Tablet.

- Tell your doctor immediately if you become pregnant while taking this medication.

### - Things you must not do

Do not stop taking the medicine unless advised by your doctor.

Do not take any new medicines without consulting your doctor or pharmacist.

Do not give Upha B6 10 Tablet to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of

Driving and using machines

This medicine may affect your ability to drive or use machines. If the tablets make you feel sick, dizzy or tired, or give you a headache, do not drive or use machines and contact your doctor immediately.

**Side effects**

Like all medicines, Upha B6 10 Tablet can cause side effects, although not everybody gets them.

Visit your doctor or pharmacist immediately if you experience any side effects after taking this medicine.

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

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website [npra.moh.gov.my](http://npra.moh.gov.my) (Public → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)).

**Storage and Disposal of Upha B6 10 Tablet**

- Storage

Keep out of the reach and sight of children.

Store in a dry place below 30°C. Protect from light.

- Disposal

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

**Product Description**

- What it looks like

Upha B6 10 Tablet is available in white to off-white 8 mm diameter tablet, flat round tablet with scored line.

- Ingredients

- Active ingredient:  
Pyridoxine hydrochloride 10mg.

- Inactive ingredients:

- Lactose Monohydrate
- Microcrystalline Cellulose
- Magnesium Stearate
- Croscarmellose Sodium

- MAL number:

MAL 19912665XZ

**Manufacturer**

Upha Pharmaceutical Mfg. (M) Sdn Bhd  
(53667-M)  
Lot 2&4, Jalan P/7, Section 13,  
Bangi Industrial Estate,  
43650 Bandar Baru Bangi,  
Selangor Darul Ehsan.

**Product Registration Holder**

Upha Pharmaceutical Mfg. (M) Sdn Bhd  
(53667-M)  
Lot 2&4, Jalan P/7, Section 13,  
Bangi Industrial Estate, 43650  
Selangor Darul Ehsan.

**Date of revision**

20/03/2018

**Serial number**

NPRA(R4/1)061017/00266