

# FLAVETTES B-COMPLEX FORTE TABLET

Thiamine HCl (B1)/Riboflavin (B2)/Pyridoxine HCl (B6)/Cyanocobalamine (B12)/ Nicotinamide (10.0mg/3.0mg/2.0mg/3.0mcg/25.0mg)

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## What Flavettes B-Complex Fortes used for

Flavettes B-Complex Forte is used to treat vitamin B complex deficiency states.

## How Flavettes B-Complex Forte works

Flavettes B-Complex Forte contains five active ingredients, which are Thiamine HCl, Riboflavin, Pyridoxine HCl, Cyanocobalamine and Nicotinamide. These are the vitamin B which will replenish the deficiency in the body.

Vitamin B1 promotes proper metabolism of sugars and fatty acids to get energy for correct functioning of the heart and nervous system.

Vitamin B2 helps proper use of carbohydrates, proteins and fats in body cells and is necessary for healthy skin.

Vitamin B6 aids in the formation of red blood cells and correct functioning of the nervous system.

Vitamin B12 also assists in the formation of red blood cells, thus

helping to prevent certain forms of anaemia.

Nicotinamide aids the nervous system by promoting energy-producing reactions in cells.

Ask your doctor if you have any questions about why this medicine has been prescribed for you. Your doctor may have prescribed it for another reason.

## Before you use Flavettes B-Complex Forte

- When you must not use it  
Do not take this medicine if you have an allergy to vitamin B or any of the other ingredients listed at the end of this leaflet.

Flavettes B-Complex Forte is not intended for treatment of anemia where vitamin B12 is deficient.

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 it has expired or is damaged, return it to your doctor or pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your doctor.

- Before you start to use it  
Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor if you are pregnant or plan to become pregnant.

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

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

## How to use Flavettes B-Complex Forte

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions, ask your doctor or pharmacist for help.

- How much to use  
Take one tablet daily or as directed by physician.

- When to use it  
Take Flavettes B-Complex Forte at about the same time each day.

- How long to use it  
Continue taking your medicine for as long as your doctor tells you.

- If you forget to use it  
Take your dose as soon as you remember, and continue to take it as you would normally.

Do not take a double dose to make up for the dose that you missed.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

- If you use too much (overdose)  
Immediately telephone your doctor for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much Flavettes B-Complex Forte.

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**

Always follow your doctor's instructions carefully.

Tell all the doctors, dentists and pharmacists who are treating you that you are taking Flavettes B-Complex Forte.

If you are about to start on any new medicine, let your doctor and pharmacist know that you are taking Flavettes B-Complex Forte.

##### **- Things you must not do**

Do not take Flavettes B-Complex Forte to treat any other complaints unless your doctor tells you to.

Do not give your medicine to anyone else, even if they have the same condition as you.

##### **- Things to be careful of**

Be careful driving or operating machinery until you know how Flavettes B-Complex Forte affects you.

#### **Side effects**

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell. Other side effects not listed above may also occur in some people.

You may report any side effects or adverse drug reactions directly

to the National Centre for Adverse Drug Monitoring by calling Tel: 03-78835550, or visiting the website [npra.moh.gov.my](http://npra.moh.gov.my) (Public → Reporting Medicinal Problems / Side Effects / AEFI / Vaccine Safety)

#### **Storage and Disposal of Flavettes B-Complex Forte**

##### **- Storage**

Keep your medicine in the original container. If you take it out of its original container, it may not keep well.

Keep your medicine in a dry place where the temperature stays below 30°C. Protect from light.

Do not store Flavettes B-Complex Forte or any other medicine in the bathroom or near a sink.

Do not leave it on a window sill or in the car.

Heat and dampness can destroy some medicines.

Keep the medicine where children cannot reach them.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

##### **- Disposal**

If your doctor or pharmacist tells you to stop taking this medicine or the expiry date has passed, ask your doctor or pharmacist what to do with any medicine that is left over.

#### **Product Description**

##### **- What it looks like**

8mm, round, convex, film-coated orange tablet.

##### **- Ingredients**

Active ingredient

- Thiamine HCl (B1)
- Riboflavin (B2)
- Pyridoxine HCl (B6)
- Cyanocobalamine (B12)
- Nicotinamide

Inactive ingredients:

- Opadry orange
- Opagloss clear
- Microcrystalline cellulose
- Colloidal silicon dioxide
- Croscarmellose sodium
- Lactose anhydrous
- Magnesium stearate

##### **- MAL number**

MAL06051567XZ

#### **Manufacturer**

UPHA PHARMACEUTICAL MFG (M) SDN BHD (53667-M)  
Lot 2&4, Jalan P/7, Section 13, Bangi Industrial Estate, 43650 Selangor Darul Ehsan, Malaysia

#### **Product Registration Holder**

CCM PHARMACEUTICALS SDN BHD (27754-W)  
Lot 2&4, Jalan P/7, Section 13, Bangi Industrial Estate, 43650 Selangor Darul Ehsan, Malaysia

#### **Date of Revision**

19/06/2017

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