

d-Alpha Tocopherol

400 I.U. Softgel Capsule

VITAMIN

PATIENT INFORMATION LEAFLET:

Formulation:

Each softgel capsule contains:

d-Alpha Tocopherol (Vitamin E), USP.....400 I.U.

Description of the Product:

d-Alpha Tocopherol 400 I.U. Softgel Capsule is a golden yellow to brownish yellow oily liquid, with characteristic odor contained in a clear, oblong, yellowish soft gelatin capsule.

What is in the Medicine?

Each softgel capsule contains 400 IU of d-Alpha Tocopherol (Vitamin E) as the active ingredient.

Gelatin Capsule: Methyl Paraben, Propyl Paraben, Gelatin Powder, Glycerin and Purified Water.

Strength of the Medicine:

400 I.U. Softgel Capsule

What is this Medicine used for?

It is used in the treatment and prevention of Vitamin E deficiency.

How much and how often should you use this medicine?

Take an oral dose of 1 capsule once or twice daily with food or as prescribed by a physician.

When should you not take this medicine?

Ask a doctor or pharmacist if it is safe for you to use Vitamin E if you have other medical conditions, especially:

- anemia (low red blood cells)
- a bleeding or blood clotting disorder such as hemophilia
- liver disease
- kidney disease
- any allergies
- an eye disorder called retinitis pigmentosa
- a vitamin K deficiency
- high cholesterol or triglycerides (a type of fat in the blood)
- a history of cancer
- a history of stroke or blood clot
- if you need surgery, or have recently had surgery.

Do not use this medicine without doctor's advice if you are breast-feeding a baby.

Care that should be taken when taking this medicine?

- Swallow capsules whole; do not crush or chew.
- Use vitamin E exactly as directed on the label, or as prescribed by your doctor. Do not use in larger or smaller amounts or for longer than recommended.

Undesirable Effects:

The following may be associated with the use of d-alpha Tocopherol:

- blurred vision
- diarrhea
- dizziness
- headache
- nausea or stomach cramps
- unusual tiredness or weakness

What other medicine or food should be avoided while taking this medicine?

Avoid taking other vitamins, mineral supplements, or nutritional products without your doctor's advice.

Tell your doctor about all medicines you use, and those you start or stop using during your treatment, especially:

- cholestyramine
- mineral oil
- orlistat (alli, Xenical)
- warfarin (Coumadin, Jantoven)

What should you do if you miss a dose?

Take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose. Do not take extra medicine to make up the missed dose.

Signs and symptoms of overdose:

Symptoms of overdose may include: stomach pain, nausea, diarrhea, dizziness, headache, blurred vision, or tiredness.

What to do when you have taken more than the recommended dosage:

In case of accidental overdose, discontinue use and seek professional assistance immediately.

How should you keep this Medicine?

Store at temperatures not exceeding 30°C.

Protect from light.

Keep out reach of children.

When should you consult your Doctor?

When you take more d-Alpha Tocopherol than you should, talk to a doctor.

If you get any side effects, talk to your doctor.

Availability:

Alu/Clear PVDC Blister Pack x 10's (Box of 100's).

ADR Reporting:

For suspected adverse drug reaction, report to the FDA: www.fda.gov.ph

Patient should seek medical attention immediately at the first sign of any adverse drug reaction.

Registration Number:

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Manufactured by:
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