

# Pharmaton®

## Vitality Capsules



**Read all of this leaflet carefully before you start taking Pharmaton® Vitality Capsules because it contains important information for you to get the best results.**

- Keep this leaflet. You may need to use it again.
- Ask your pharmacist if you need more information or advice.
- Talk to your pharmacist or doctor if you develop new symptoms, if your symptoms get much worse or if your symptoms have not shown any sign of improvement over 4 weeks.
- Please tell your pharmacist or doctor if a side effect occurs and gets troublesome, or seems serious to you, or if you get a side effect not listed in this leaflet.

### **In this leaflet:**

1. What Pharmaton® Vitality Capsules are and what they are used for
2. Before you take Pharmaton® Vitality Capsules
3. How to take Pharmaton® Vitality Capsules
4. Possible side effects
5. How to store Pharmaton® Vitality Capsules
6. Further information

### **1. WHAT PHARMATON® VITALITY CAPSULES ARE AND WHAT THEY ARE USED FOR**

Pharmaton® Vitality Capsules are a multivitamin, mineral and ginseng supplement. Each capsule contains standardised Ginseng extract G115® with Vitamins A, B group, C, D, E, Nicotinamide, Folic acid, Biotin, and minerals Iron, Calcium, Copper, Magnesium, Zinc, and Selenium. See Section 6 (Further information) for a complete list of the ingredients and quantities in each capsule.

Pharmaton® Vitality Capsules are for:

- Relief of short periods of daily fatigue associated with a busy, hectic lifestyle. Symptoms of daily fatigue include temporary periods of exhaustion (for example caused by stress), tiredness and a feeling of weakness or lack of vitality (loss of energy).
- Prevention and treatment of symptoms caused by an unbalanced diet.

Pharmaton® Vitality Capsules work by enhancing mental and physical performance through the combined action of Ginseng G115®, vitamins and minerals on the basic metabolic processes.

Pharmaton® Vitality Capsules are suitable for adult men and women but not for children.

### **More information about daily fatigue**

Daily fatigue is associated with a busy, hectic lifestyle, and symptoms may include:

- Lack of energy
- Increase in rest requirements
- Energy not restored even after sleep
- Decreased mental and physical performance
- Lethargy
- Lack of concentration

Lifestyle changes that may help to overcome daily fatigue include:

- Healthy eating
- Regular exercise, such as a midday stroll
- Take time out to allow for relaxation
- Prioritise work loads, instead of cramming too much into one day
- Delegate tasks at work and home
- Find new ways to deal with stress
- Learn to say no when there are too many demands on personal time
- Reduce the intake of alcohol, caffeine, and cigarettes

### **2. BEFORE YOU TAKE PHARMATON® VITALITY CAPSULES**

**Do not take Pharmaton® Vitality Capsules if:**

- You are allergic to any of the ingredients listed in Section 6 of this leaflet
- You have problems with your kidneys
- You have high iron levels, such as in "haemochromatosis", which is caused by a problem that may run in your family
- You have problems with high levels of Vitamin A or D in your body
- You have problems with high levels of calcium in your blood or urine

Do not take this medicine if any of the above applies to you. If you are not sure, talk to your pharmacist or doctor before taking this medicine.

### **Taking other medicines**

The following medicines should not be taken with Pharmaton® Vitality Capsules:

- Vitamin A derivatives called "retinoids" (prescribed to treat acne)
- Vitamin D treatment

Before taking Pharmaton® Vitality Capsules you should tell your pharmacist or doctor if you are taking any of the following medicines:

- Medicines to thin the blood called "anticoagulants" such as warfarin. This is because your doctor will need to monitor your blood before you start or stop taking Pharmaton® Vitality Capsules
- Tetracycline antibiotics such as tetracycline, doxycycline, minocycline
- Levodopa (used to treat Parkinson's disease)

### **Food, drink, vitamin and mineral supplements**

It is important not to take too much Vitamin A, D, or iron. You should consider your daily intake of these vitamins and minerals taking into account all sources including food and drinks.

### **Pregnancy and breast-feeding**

Pharmaton® Vitality Capsules contain Vitamin A. Do not take this medicine if you are pregnant, trying to get pregnant or are breast-feeding.

### **Important information about the ingredients**

- Pharmaton® Vitality Capsules contain peanut oil (also known as arachis oil). If you are allergic to peanut or soya, do not take Pharmaton® Vitality Capsules.

- Pharmaton® Vitality Capsules contain a small amount of lactose. If you are intolerant to lactose or you cannot digest it, do not take Pharmaton® Vitality Capsules.
- If you are allergic to any of the other ingredients in Pharmaton® Vitality Capsules listed in Section 6, do not take this medicine.

### 3. HOW TO TAKE PHARMATON® VITALITY CAPSULES

Follow the instructions printed in this leaflet. Talk to your pharmacist or doctor if you develop new symptoms or if your symptoms get much worse or have not shown any sign of improvement over four weeks.

#### Adults (including the elderly)

- Take one capsule each day.
- It is recommended to take the capsule in the morning with food.
- Swallow the capsule whole with water.

#### Children

Do not give these capsules to children.

#### How long to take Pharmaton® Vitality Capsules for

- Start by taking Pharmaton® Vitality Capsules for 4 weeks.
- If, after 4 weeks treatment, you are starting to feel better, you may continue to take Pharmaton® Vitality Capsules for up to 12 weeks.
- After 12 weeks, talk to a doctor if you would like to continue using Pharmaton® Vitality Capsules. The doctor may wish to investigate your symptoms further.

#### If you take more Pharmaton® Vitality Capsules than you should

- If you overdose on this medicine you should talk to a doctor or go to a hospital straight away. Take the medicine pack with you.

#### If a child accidentally swallows Pharmaton® Vitality Capsules

- Keep out of the reach and sight of children. This product contains iron which could be fatal to a child that takes too much.
- If a child accidentally swallows a capsule, talk to a doctor or go to a hospital straight away. Take the medicine pack with you.

### 4. POSSIBLE SIDE EFFECTS

Like all medicines, Pharmaton® Vitality Capsules can cause side effects in some people, but these are usually mild.

#### The following side effects may happen with this medicine:

##### Common – affects fewer than 1 in 10 people:

- Nausea (feeling sick), vomiting (being sick)
- Headache

##### Uncommon – affects fewer than 1 in 100 people:

- Diarrhoea

##### Unknown – some side effects are recorded so rarely that their frequency is not known:

- Hypersensitivity reactions including rash and pruritus (itching)
- Feeling dizzy
- Stomach pains
- insomnia

The side effects nausea, vomiting, stomach pains and diarrhoea are less likely to happen if you take the capsules with food.

#### 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](http://www.mhra.gov.uk/yellowcard).

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

### 5. HOW TO STORE PHARMATON® VITALITY CAPSULES

Do not store above 25°C. Keep the bottle tightly closed.

Keep out of the sight and reach of children.

Do not take the capsules after the expiry date, which you will find printed on the packaging.

### 6. FURTHER INFORMATION

#### What Pharmaton® Vitality Capsules contains

Each capsule contains the following active ingredients:

Active ingredient	Supplement Name	Amount of Supplement per capsule
Panax Ginseng extract G115®	Ginseng G115®	40 mg
Vitamin A palmitate	Vitamin A	2667 IU
Colecalciferol	Vitamin D	200 IU
α-Tocopheryl acetate	Vitamin E	10 mg
Ascorbic acid	Vitamin C	60 mg
Thiamine mononitrate	Vitamin B <sub>1</sub>	1.4 mg
Riboflavin	Vitamin B <sub>2</sub>	1.6 mg
Nicotinamide	Vitamin B <sub>3</sub>	18 mg
Pyridoxine hydrochloride	Vitamin B <sub>6</sub>	2 mg
Folic acid	Folic acid	100 micrograms
Cyanocobalamine	Vitamin B <sub>12</sub>	1 microgram
Biotin	Vitamin B <sub>7</sub>	150 micrograms
Calcium phosphate	Calcium	100 mg
Iron sulfate	Iron	10 mg
Magnesium sulfate	Magnesium	10 mg
Zinc sulfate	Zinc	1 mg
Copper sulfate	Copper	2 mg
Sodium selenite	Selenium	50 micrograms
Lecithin	Lecithin	100 mg

The capsules also contain the following ingredients: rapeseed oil, arachis (peanut) oil, ethyl vanillin (flavouring), gelatin, hard fat, triglycerides (medium chain), glycerol, iron oxide red and black (E172 - colourings), lactose and silica.

#### What Pharmaton® Vitality Capsules look like and contents of the pack

Pharmaton® Vitality Capsules are a dark brown opaque soft gelatin capsule. They are available in packs of 30, 60 and 100 capsules.

#### Marketing Authorisation Holder

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