

## 5. How to store Preconceive Tablets

Keep out of the reach and sight of children.

Do not take Preconceive Tablets after the expiry date which is stated on the packaging.

Do not store above 25°C.

Do not use if foil strip is damaged.

## 6. Further information

### What Preconceive Tablets contain

The active substance per tablet is Folic Acid 400 micrograms.

The other ingredients are:

Core: Calcium Hydrogen Phosphate, Magnesium Stearate, Maize Starch, Microcrystalline Cellulose, Stearic Acid.

### What Preconceive Tablets look like and contents of the pack

Preconceive Tablets are creamy-yellow, circular tablets. They are available in blister packs containing 90 tablets.

### Marketing Authorisation Holder and Manufacturer



G. R. Lane Health Products Limited

Sisson Road

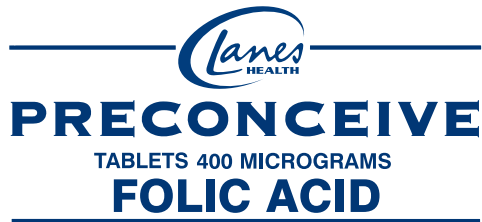
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### Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to use Preconceive Tablets carefully to get the best results from them.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you notice any side effect, please tell your doctor or pharmacist.

### In this leaflet:

1. What Preconceive Tablets are and what they are used for
2. Before you take Preconceive Tablets
3. How to take Preconceive Tablets
4. Possible side effects
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6. Further information

## 1. What Preconceive Tablets are and what they are used for

Preconceive Tablets are for the prevention of neural tube defects, such as spina bifida that can occur during pregnancy. The neural tube forms in the baby during the first few weeks of pregnancy and eventually goes on to form the baby's brain, spinal cord and their coverings. Spina bifida occurs when the neural tube does not develop properly in the baby and results in an incorrectly developed spine. Medical studies have shown that when women take extra folic acid daily during the first three months of pregnancy, it prevents these neural tube defects, without harming the mother or the baby. Folic acid, one of the B vitamins, is the active ingredient of Preconceive Tablets. It is also found in fresh and processed foods.

## 2. Before you take Preconceive Tablets

### Do not take Preconceive Tablets:

- if you are allergic to any of the ingredients (see section 6 for a complete list of ingredients)
- if you have a folate dependant tumour (cancer affected by folic acid intake)
- if you are suffering from epilepsy without first talking to your doctor
- for the treatment of Addisonian pernicious anaemia (blood disorder due to Vitamin B12 deficiency) and other B12 deficiency states, without first talking to your doctor.

### Taking other medicines

Please tell your doctor or pharmacist before taking Preconceive Tablets if you are taking or have recently taken any other medicines, including:

- medicines for the treatment of epilepsy (phenytoin, phenobarbital and primidone). Folic acid affects the way these medicines work in your body, and consequently the dosage of anti-epileptic medication should be adjusted at regular intervals under the supervision of your doctor.
- medicines obtained without a prescription.

## 3. How to take Preconceive Tablets

**Women planning a pregnancy or who are in the first three months of pregnancy:** Swallow 1 tablet with water and food once a day, every day, at about the same time each day.

Continue until the end of the third month of your pregnancy.

### If you take more Preconceive Tablets than you should

Seek immediate medical advice in the event of an overdose.

### If you forget to take Preconceive Tablets

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

## 4. Possible side effects

Like all medicines, Preconceive Tablets can cause side effects, although not everybody gets them.

Morning sickness may be experienced in the early months of your pregnancy. This is not normally caused by folic acid.

If you notice any side effect, please tell your doctor or pharmacist.