

# Yeast Vite

## Important information about Yeast Vite Tablets

- This medicine relieves tiredness and drowsiness.
- It can be taken by adults, the elderly and children over 12 years.

### Do not take....

- Excessive amounts of tea or coffee when taking this medicine.

### Talk to your doctor ....

- If you are taking any other medicines. See section 2.

### Now read the rest of the leaflet before you use this medicine. It includes other information which might be especially important for you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need any more information or advice.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

## 1. What the medicine is for

Yeast Vite Tablets contain caffeine, a mild stimulant and supply the maximum daily dose of vitamins B1, B2 and B3. These ingredients taken together help relieve fatigue (tiredness) and drowsiness.

## 2. Before you use this medicine

### Do not use the medicine if you have....

- An **allergy** to any of the ingredients listed in section 6.

### Talk to your doctor or pharmacist if you are taking ....

- Medicines which have their action altered by caffeine, these are:
  - Mexiletine (for heart conditions).
  - Ciprofloxacin (used to fight infections).
  - Fluvoxamine (for depression).
  - Phenytoin and pentobarbital (for epileptic seizures).
  - Clozapine (for schizophrenia).
  - Lithium salts (for manic depression).
  - Theophylline (for asthma).
  - Diazepam (for anxiety or insomnia).
  - Methoxsalen (for skin conditions).
  - Phenylpropranolamine (used in nasal decongestants).
- Enoxacin and pipemidic acid (for urinary tract infections).
- Idrocilamide (for muscle spasm).
- Migraine Tablets (ergotamine), as the effects of the migraine tablets may be increased by taking Yeast Vite Tablets.

### Pregnant or breastfeeding....

Ask your doctor or pharmacist for advice before using this medicine if you are pregnant or might be pregnant. The caffeine in this product may make breast-fed babies irritable speak to your doctor or pharmacist before breastfeeding.

### Important information about some of the ingredients

- This product contains lactose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.
- It also contains E104 colouring which may cause allergic reactions.

## 3. How to use this medicine

Take the tablets by mouth.

### Adults, the elderly and children over 12 years

- Two tablets every 3 to 4 hours as required.
- Do not take more than 12 tablets in 24 hours.

### Children under 12 years

Do not give to children under 12 unless your doctor tells you to.

### DO NOT EXCEED THE STATED DOSE.

If your symptoms persist you should ask your doctor for advice.

### If you take too many

If you accidentally take too many, see a doctor straight away. Take the pack with you to show which medicine you have swallowed.

Turn over 

## 4. Possible side effects

Like all medicines, Yeast Vite Tablets can have side effects, although these don't affect everyone.

- High doses of caffeine may cause trembling or palpitations.

If you notice this or any other side effect not included above, stop use and tell your doctor or pharmacist. They will tell you what to do.

## 5. Storing this medicine

- Keep it out of the reach and sight of children.
- Do not store above 25°C.
- Store in a dry place.
- Do not use after the expiry date shown on the carton. The expiry date refers to the last day of that month.
- Medicine should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of any unused medicine. These measures will help to protect the environment.

## 6. Further information

### What is in this medicine

#### The active ingredients per tablet are:

caffeine 50mg, vitamin B1 (thiamine hydrochloride) 0.167mg, vitamin B2 (riboflavin) 0.167mg, vitamin B3 (nicotinamide/niacin) 1.75mg.

**The other ingredients are:** dried yeast, lactose, powdered cloves, colours E124, E104, E132, colloidal anhydrous silica, maize starch, microcrystalline cellulose.

### What the medicine looks like

Yeast Vite Tablets are brown smooth tablets.

They are supplied in blister packs of 24 tablets, or in cartoned pots of 50 and 100 tablets.

### Marketing authorisation holder

Actavis Group PTC ehf  
Reykjavíkurvegi 76-78  
220 Hafnarfjörður  
Iceland.

### Manufacturer

Actavis, Barnstaple, EX32 8NS, UK.