

PACKAGE LEAFLET: INFORMATION FOR THE USER

Pharmaton® Capsules

Read all of this leaflet carefully before you start taking Pharmaton 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 or if your symptoms get much worse or have not shown any sign of improvement over 4 weeks.
- If a side effect occurs and gets troublesome, or seems serious to you, or if you experience a side effect not listed in this leaflet, please tell your pharmacist or doctor.

In this leaflet:

1. What Pharmaton Capsules are and what they are used for.
2. Before you take Pharmaton Capsules.
3. How to take Pharmaton Capsules.
4. Possible side effects.
5. How to store Pharmaton Capsules.
6. Contents of the pack and other information

1. What Pharmaton Capsules are and what they are used for

Pharmaton 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 Capsules are for:

- Relief 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
- Ill-balanced or deficient nutrition, where needed to prevent or treat symptoms of vitamin and mineral deficiency

Pharmaton Capsules contain Ginseng G115 which works by enhancing mental and physical performance, and through the combined action with vitamins and minerals on the basic metabolic processes.

Pharmaton 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 Capsules

Do not take Pharmaton Capsules if:

- You are allergic to any of the ingredients listed in Section 6 of this leaflet
- You have severe problems with your kidneys
- You have high iron levels, or a condition such as "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 Capsules:

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

Before taking Pharmaton 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 Capsules
- Levodopa (used to treat Parkinson's disease)
- Antihypertensives (medicines used to lower your blood pressure)

- Depressants or stimulants which act on the central nervous system
- Tetracycline antibiotics such as tetracycline, doxycycline, minocycline

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 all vitamins and minerals taking into account all sources including food and drinks.

Pregnancy and breast-feeding

Pharmaton Capsules contain Vitamin A.

Do not take this medicine if you are pregnant or are likely to become pregnant as large doses of vitamin A may harm the baby, especially if used during the first three months of pregnancy.

Do not take this medicine if you are breast-feeding

Important information about the ingredients

- Pharmaton Capsules contain peanut oil (also known as arachis oil). If you are allergic to peanut or soya, do not take Pharmaton Capsules
- Pharmaton Capsules contain a small amount of lactose. If you are intolerant to lactose or you cannot digest it, do not take Pharmaton Capsules
- If you are allergic to any of the other ingredients in Pharmaton Capsules listed in Section 6, do not take this medicine.

3. How to take Pharmaton 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

- 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 Capsules for

- Start by taking Pharmaton Capsules for 4 weeks.
- If, after 4 weeks treatment, you are starting to feel better, you may continue to take Pharmaton Capsules for up to 12 weeks.
- The usual course of treatment is 8 to 12 weeks. After 12 weeks, talk to a doctor if you would like to continue taking Pharmaton Capsules. The doctor may wish to investigate your symptoms further.

If you take more Pharmaton 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 Capsules

- Keep out of the sight and reach 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 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

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 or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly (see details below). By reporting side effects you can help provide more information on the safety of this medicine.

HPRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2.
Tel: +353 1 6764971, Fax: +353 1 6762517.
Website: www.hpra.ie e-mail: medsafety@hpra.ie

5. How to store Pharmaton Capsules

Do not store above 25°C. Keep the bottle tightly closed to protect from moisture.

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 bottle label or the carton after EXP. The expiry date refers to the last day of that month.

If your capsules appear to be discoloured, damaged or show any other signs of deterioration, please return these to your pharmacist who will advise you further.

If you have any left-over/unused capsules please return these to your pharmacist for safe disposal.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. Contents of the pack and other information

What Pharmaton Capsules contain

Each capsule contains the following active ingredients:

Active ingredient	Supplement name	Amount of supplement per capsule	RDA
Panax Ginseng extract G115	Ginseng	40mg	*
Vitamin A palmitate	Vitamin A	2667 IU	100%
Colecalciferol	Vitamin D	200 IU	100%
α-Tocopheryl acetate	Vitamin E	10mg	83%
Thiamine mononitrate	Vitamin B1	1.4mg	127%
Riboflavin	Vitamin B2	1.6mg	114%
Pyridoxine hydrochloride	Vitamin B6	2mg	142%
Cyanocobalamin	Vitamin B12	1 microgram	40%
Biotin	Vitamin B7	150 micrograms	300%
Nicotinamide	Vitamin B3	18mg	112%
Ascorbic acid	Vitamin C	60mg	75%
Folic acid	Folic acid	100 micrograms	50%
Calcium phosphate	Calcium	100mg	12.5%
Lecithin	Lecithin	100mg	*
Magnesium sulphate	Magnesium	10mg	2%
Iron sulphate	Iron	10mg	71%
Copper sulphate	Copper	2mg	200%
Sodium selenite	Selenium	50 micrograms	91%
Zinc sulphate	Zinc	1mg	10%

RDA = Recommended Daily Amount

* No RDA available

Recommended Daily Allowance (RDA) refers to the amount of each vitamin and mineral that a healthy individual should consume each day in order to stay fit.

During temporary periods of exhaustion, the daily intake of vitamins and minerals (and Ginseng G115) from one capsule of Pharmaton has been clinically proven to provide relief from tiredness and lack of vitality.

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

What Pharmaton Capsules look like and contents of the pack

Pharmaton are brown soft, gelatin capsules with no markings.

Pharmaton Capsules are available in bottles containing 30 or 100 capsules.

Manufacturer

Manufactured by:
Boehringer Ingelheim Pharma GmbH & Co. KG,
Binger Strasse 173, 55216 Ingelheim am Rhein, Germany.

Procured from within the EU and repackaged by:
Doncaster Pharmaceuticals Group Ltd, Kirk Sandall,
Doncaster, DN3 1QR, UK.
PPA holder: Imbat Ltd., Unit L2, North Ring Business Park,
Santry, Dublin 9.
Distributed by: Eurodrug Ltd., Unit L2, North Ring Business
Park, Santry, Dublin 9.

PPA1151/040/001

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Pharmaton SA

Blind or partially sighted?
Is this leaflet hard to see or read?
Call +44 (0) 1302 365000
(Regulatory)

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Reference: PPA1151/040/001

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