

Parovit PLUS

Vitamin B-COMPLEX

Read all of this leaflet carefully before you start taking this item because it contains important information for you

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This product is intended for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

What is in this leaflet:

1. What **Parovit Plus** is and what it is used for
2. What you need to know before you take **Parovit Plus**
3. How to take **Parovit Plus**
4. Possible side effects
5. How to store **Parovit Plus**
6. Contents of the pack and other information

1. What Parovit Plus is and what it is used for:

- Hypo- and avitaminosis B1, B2, B3, B5, B6, B12, Biotin and Folic acid;
- Symptomatic therapy of nervous system diseases of different genesis: peripheral neuritis and polyneuritis, neuralgia, peripheral paresis and paralysis, radiculitis, lumbago, plexitis, intercostals neuralgia, trifacial neuralgia, facial nerve paresis, amyotrophic lateral sclerosis, infantile cerebral paralysis, trauma of peripheral nerves;
- Encephalopathy (diabetic, alcoholic and etc.);
- During combined therapy of atherosclerosis, CUD, chronic blood circulation impairment, hepatitis, and diabetes mellitus;
- During administration of antituberculous isoniazid drugs, antibiotics;
- Deficiency anemia following B12-deficit and toxic substances and drugs;
- Joint diseases: arthritis, osteoarthritis, rheumatism, rheumatoid arthritis;
- In ophthalmology (hemeralopy, conjunctivitis, keratitis, iritis, cataract, corneal ulcer);
- Skin inflammation;
- Inflammation of the mucous membrane of the oral cavity or tongue;
- Radiation crapulence.

2. What you need to know before you take Parovit Plus

Do not take Parovit Plus:

- If you are allergic to any contents of **Parovit Plus**.

Contraindication:

Parovit Plus is not indicated for patients with hypersensitivity to Vitamins B1, B2, B3, B6, B12, B5, Biotin, Folic acid and also children under 3 years old.

Pregnancy and breastfeeding:

Parovit Plus tablets may be used during pregnancy and breastfeeding.

Driving and using machines:

Parovit Plus is not likely to affect you being able to drive or use any tools or machines.

3. How to take Parovit Plus

Take one tablet daily, or as directed by a physician.

Tablets are to be swallowed whole with sufficient liquid (a glass of water). Children under 3 years should not take **Parovit Plus**.

Because of riboflavin presence in **Parovit Plus** the urine may be colored (dark yellow).

If you forget to take **Parovit Plus**:

If you miss a dose, take it when you remember, unless it is almost time for your next dose, in which case take the next dose as usual. Do not take a double dose to make up for a forgotten dose. If you have any further questions on the use of **Parovit Plus**, ask your doctor or pharmacist.

4. Possible side effects

Parovit Plus side effects are not too many and are rarely observed if the supplements are taken in the indicated quantity. Excessive use of anything leads to side effects and an excess of vitamin B is no different. Common side effects (if any) of an overdose of **Parovit Plus** include: black stools, abdominal pain, constipation, nausea, vomiting, dizziness, change in color of urine, frequent urination, diarrhea, redness of skin and itching. In very rare cases, one may experience very severe effects which include allergic reactions, itching and rashes. In case you notice any side effects that persist, contact your physician immediately.

5. How to store Parovit Plus

Keep **Parovit Plus** out of sight and reach of children. Do not use after the expiry date which is stated on the box. Expiry date refers to the last day of the month stated. Store in the original packaging in order to protect from moisture and at temperature below 25 °C

6. Contents of the pack and other information

Parovit Plus contains:

Active ingredients: Vitamin B1 (Thiamine hydrochloride) 50 mg, Vitamin B2 (Riboflavin) 50 mg, Vitamin B3 (Niacin) 50 mg, Vitamin B5 (Calcium D-pantothenate) 50 mg, Vitamin B6 (Pyridoxine hydrochloride) 50 mg, Folic acid (Pteroylmonoglutamic acid) 800 mcg, Biotin (D-biotin) 500 mcg, Vitamin B12 (Cyanocobalamin) 50 mcg.

Other ingredients: bulking agents: microcrystalline cellulose, cross-linked sodium carboxymethylcellulose; anti-caking agents: magnesium salts of fatty acids, silicon dioxide.

Packaging:

20 tablets in one blister with an enclosed leaflet in a carton box.

BioActive T

Marketing Authorization Holder:

BioActive T Sp. z o.o.

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