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VITAMIN B Complex Capsule

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 - **Drug Status:**
-

Description

Side Effects Mild upset stomach or flushing may occur. These effects are usually temporary and may disappear as your body adjusts to this product. If any of these effects last or get worse, tell your doctor or pharmacist promptly. If your doctor has directed you to use this medication, remember that your doctor has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. A very serious allergic reaction to this drug is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist. In the US – Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or at www.fda.gov/medwatch. In Canada – Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345. How long does it take for this medicine to take effect? The onset of action for Vitamin B Complex capsules can vary, as these vitamins are involved in numerous bodily functions. Some individuals may begin to notice increased energy levels and improved mood within a few days of supplementation, especially if they had low levels of B vitamins before starting the supplement. However, for measurable changes in health markers or deficiency symptoms, it might take several weeks. How long do the effects of this medicine last? The effects of Vitamin B Complex capsules are sustained with continuous daily intake. B vitamins are water-soluble, meaning they are not stored in the body in significant amounts and are excreted in the urine. Therefore, regular intake is necessary to maintain adequate levels and the associated health benefits. Is it safe to consume alcohol while taking this medicine? Alcohol can interfere with the absorption and metabolism of B vitamins, especially thiamine (B1), folate (B9), and pyridoxine (B6). While moderate alcohol consumption may not significantly impact the efficacy of Vitamin B Complex capsules, excessive alcohol use can lead to deficiencies in these vitamins. Therefore, it is advisable to consume alcohol in moderation. Is this a habit forming medicine? Vitamin B Complex capsules are not habit-forming and do not have the potential for abuse or dependence. They are used to supplement the diet and ensure adequate intake of essential nutrients. Can this medicine be taken during pregnancy? B vitamins are essential for fetal development, and supplementation with a Vitamin B Complex is generally considered safe and beneficial during pregnancy. Folate (B9) is especially important as it helps prevent neural tube defects. However, it is crucial to adhere to recommended dosages and consult a healthcare provider before starting any supplementation during pregnancy. Can this medicine be taken while breast-

feeding? Vitamin B Complex supplementation is also considered safe during breastfeeding and can help ensure that the nursing mother has adequate levels of B vitamins, which are important for the baby's development and can be passed through breast milk. As with pregnancy, it is important to consult a healthcare provider for personalized advice and to adhere to recommended dosages. Uses This product is a combination of B vitamins used to treat or prevent vitamin deficiency due to poor diet, certain illnesses, alcoholism, or during pregnancy. Vitamins are important building blocks of the body and help keep you in good health. B vitamins include thiamine, riboflavin, niacin/niacinamide, vitamin B6, vitamin B12, folic acid, and pantothenic acid. Some brands of B vitamins also contain ingredients such as vitamin C, vitamin E, biotin, or zinc. Consult your doctor or pharmacist if you have questions about the ingredients in your brand.

How to use VITAMIN B Complex Capsule Take this medication by mouth, usually once daily or as directed. Follow all directions on the product package. If you have any questions, ask your doctor or pharmacist. If you are taking a brand that contains vitamin C, take this medication by mouth with a full glass of water (8 ounces/240 milliliters) unless your doctor directs you otherwise. If you are taking chewable tablets, chew the tablet thoroughly before swallowing. If you are taking extended-release capsules, swallow them whole. Do not crush or chew extended-release capsules or tablets. Doing so can release all of the drug at once, increasing the risk of side effects. Swallow the whole tablet without crushing or chewing. If you are taking a liquid product, use a medication-measuring device to carefully measure the dose. Do not use a household spoon. Some liquid products need to be shaken before each dose. Some products that contain vitamin B12 need to be placed under the tongue and held there before swallowing. Follow label directions carefully to get the most benefit. Take this medication regularly in order to get the most benefit from it. To help you remember, take it at the same time each day.

Precautions Before taking this product, tell your doctor or pharmacist if you are allergic to any of its ingredients; or if you have any other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details. If you have any of the following health problems, consult your doctor or pharmacist before using this product: diabetes, liver problems, vitamin B12 deficiency (pernicious anemia). Chewable tablets or liquid products may contain aspartame. If you have phenylketonuria (PKU) or any other condition that requires you to restrict your intake of aspartame (or phenylalanine), consult your doctor or pharmacist about using this drug safely. Liquid forms of this product may contain sugar and/or alcohol. Caution is advised if you have diabetes, alcohol dependence, or liver disease. Ask your doctor or pharmacist about using this product safely. Before having surgery, tell your doctor or dentist about all the products you use (including prescription drugs, nonprescription drugs, and herbal products). Tell your doctor if you are pregnant before using this medication. This product is safe to take during pregnancy when used as directed. Certain spinal cord birth defects may be prevented by maintaining adequate amounts of folic acid during pregnancy. Consult your doctor or pharmacist for details. This product passes into breast milk. While there have been no reports of harm to nursing infants, consult your doctor before breast-feeding.

Overdose If someone has overdosed and has serious symptoms such as passing out or trouble breathing, call 911. Otherwise, call a poison control center right away. US residents can call their local poison control center at 1-800-222-1222. Canada residents can call a provincial poison control center. Symptoms of overdose may include: stomach pain, nausea, vomiting, diarrhea. Keep all medical and lab appointments. This product is not a substitute for a proper diet. Remember that it is best to get your vitamins from healthy foods. B vitamins are naturally found in leafy greens and other vegetables, meat, fish, poultry, and enriched breads/cereals. If you are taking this product on a regular schedule and miss a dose, take it as soon as you remember. If it is near the time of the next dose, skip the missed dose. Take your next dose at the regular time. Do not double the dose to catch up. Refer to storage information printed on the package. If you have any questions about storage, ask your pharmacist. Keep all medications away from children and pets. Do not flush medications down the toilet or pour them into a drain unless instructed to do so. Properly discard this product when it is expired or no longer needed. Consult your pharmacist or local waste disposal company.

Interactions Drug interactions may change how your medications work or increase your risk for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval. Some products that may interact with this drug are: altretamine, cisplatin, certain antibiotics (such as chloramphenicol), certain anti-seizure drugs (such as phenytoin), levodopa, other vitamin/nutritional supplements. This product may interfere with certain lab tests

(such as urobilinogen, intrinsic factor antibodies), possibly causing false test results. Make sure lab personnel and all your doctors know you use this product.

Side Effects

Uses

Interactions

Other Details
