

# iMedix: Your Personal Health Advisor.

## Vitamin E 100 Unit Capsule

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  - **Dosage:**
  - **Indications:**
  - **Manufacturer:**
  - **Storage:**
  - **Market Price:**
  - **Drug Status:**
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### Description

**Side Effects** Vitamin E does not usually cause side effects when used in recommended doses. However, vitamin E may cause side effects if taken at high doses (400 units or more per day) or for a long period of time. In these situations, nausea, diarrhea, stomach cramps, tiredness, dizziness, blurred vision, and headache may rarely occur. 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. Tell your doctor right away if you have any serious side effects, including: easy bleeding/bruising. 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](http://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. **Uses** This supplement is used to prevent or treat a lack of vitamin E in the body. A low body level of vitamin E is rare. Most people who eat a normal diet do not need extra vitamin E. However, vitamin E supplements are used in premature newborns and in people who have problems absorbing enough vitamin E from their diets. Vitamin E is important in protecting your body's cells from damage. It is known as an antioxidant. **How to use Vitamin E 100 Unit Capsule** Take this product by mouth as directed. Follow all directions on the product package. If you have any questions, ask your doctor or pharmacist. If you are using a liquid form of this product, carefully measure your dose using a medication-measuring device or spoon. Do not use a household spoon because you may not get the correct dose. If your liquid form is a suspension, shake the bottle well before each dose. Dosage is based on your medical condition and response to treatment. Do not increase your dose or take it more often than recommended. Taking too much vitamin E may increase your risk of side effects. High doses of vitamin E (400 units or more per day) may increase the chance of rare but very serious side effects. There is no proof that high doses of vitamin E help to prevent or treat heart disease. There is very little evidence that it helps prevent or treat Alzheimer's Disease. In some people, taking these high doses may even be harmful. Talk to your doctor or pharmacist and discuss the risks and benefits before taking vitamin E supplements. If your doctor prescribes this product for vitamin E deficiency, use it regularly to get the most benefit from it. To help you remember,

take it at the same time each day. You should see improvement of symptoms such as numbness/tingling of the hands/feet and weakness. If your condition lasts or gets worse, or if you think you may have a serious medical problem, get medical help right away. Precautions Before taking vitamin E, tell your doctor or pharmacist if you are allergic to it; or to other ingredients listed on the package label; or if you have any other allergies. This product may contain inactive ingredients (such as soybeans), 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: blood clotting/bleeding disorders, kidney problems, liver problems, high blood fats (cholesterol/triglycerides), recent or planned surgery. At high dosages, this product may rarely make you dizzy or blur your vision. Alcohol or marijuana (cannabis) can make you more dizzy. Do not drive, use machinery, or do anything that needs alertness or clear vision until you can do it safely. Limit alcoholic beverages. Talk to your doctor if you are using marijuana (cannabis). Some brands of this product may contain sugar, alcohol, or aspartame. Caution is advised if you have diabetes, alcohol dependence, liver disease, phenylketonuria (PKU), or any other condition that requires you to limit/avoid these substances in your diet. Ask your doctor or pharmacist about using this product safely. During pregnancy, this medication should be used only when clearly needed. Discuss the risks and benefits with your doctor. It is unknown if this drug passes into breast milk. 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. Keep all medical and lab appointments. Eat a well-balanced diet. Foods high in vitamin E include vegetable oils, wheat germ oil, whole grain cereals, meat, poultry, and green leafy vegetables. If you 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. Store according to the product package directions away from heat, light, and moisture. Do not store in the bathroom. 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 drugs that may interact with this product are: bile acid-binding resins (such as cholestyramine, colestipol), "blood thinners" (such as warfarin), iron supplements, mineral oil. If you are also taking orlistat, separate the time between orlistat and vitamin E doses by at least 2 hours. Check the labels on all your prescription and nonprescription/herbal products because they may contain vitamin E. Ask your doctor or pharmacist about using those products safely.

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## Side Effects

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## Uses

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**Interactions**

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**Other Details**

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