

# 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. Further 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 contains 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 reach and sight 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)
- Severe allergic reaction (anaphylactic reaction)
- 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, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRC Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517, Website: [www.hpra.ie](http://www.hpra.ie); E-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie). By reporting side effects you can help provide more information on the safety of this medicine.

#### 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 use Pharmaton Capsules after the expiry date which is stated on the carton and bottle label after EXP.

The expiry date refers to the last day of the month.

#### 6. FURTHER INFORMATION

##### What Pharmaton Capsules contains

Each soft capsule contains the following active ingredients:

Active ingredient	Supplement Name	Amount of Supplement per capsule	RDA
Panax Ginseng extract G115	G115 Ginseng	40 mg	*
Vitamin A palmitate	Vitamin A	2667 IU	100%
Cholecalciferol	Vitamin D	200 IU	100%
All-rac- $\alpha$ -Tocopheryl acetate	Vitamin E	10 mg	83%
Ascorbic acid	Vitamin C	60 mg	75%
Thiamine mononitrate	Vitamin B <sub>1</sub>	1.4 mg	127%
Riboflavin	Vitamin B <sub>2</sub>	1.6 mg	114%
Nicotinamide	Vitamin B <sub>3</sub>	18 mg	112%
Pyridoxine hydrochloride	Vitamin B <sub>6</sub>	2 mg	142%
Folic acid	Folic acid	100 micrograms	50%
Cyanocobalamine	Vitamin B <sub>12</sub>	1 microgram	40%
Biotin	Vitamin B <sub>7</sub>	150 micrograms	300%
Anhydrous dibasic calcium phosphate	Calcium	100 mg	12.5%
Dried ferrous sulphate	Iron	10 mg	71%
Dried Magnesium sulphate	Magnesium	10 mg	2%
Zinc sulphate monohydrate	Zinc	1 mg	10%
Copper sulphate, dried	Copper	2 mg	200%
Sodium selenite, dried	Selenium	50 micrograms	91%
Lecithin	Lecithin	100 mg	*

RDA = Recommended Daily Amount

\* No RDA available

The capsules also contain the following ingredients: rapeseed oil, arachis (peanut) oil, ethyl vanillin (flavouring), gelatine, hard fat, triglycerides (medium chain), lactose monohydrate and colloidal anhydrous silica.

The capsule shell contains gelatine, glycerol 85% and iron oxide red and black (E172 – colouring).

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 Capsules has been clinically proven to provide relief from tiredness and lack of vitality.

##### What Pharmaton Capsules look like and contents of the pack

Pharmaton Capsules are a dark brown opaque soft gelatin capsule. They are available in packs of 30 and 100 capsules.

**Product Procured from within the EU, repackaged and distributed by the Parallel Product Authorisation Holder:** PCO Manufacturing, Unit 10, Ashbourne Business Park, Rath, Ashbourne, Co. Meath, Ireland.

Pharmaton is a registered trademark of PHARMATON S.A.

##### MANUFACTURER

Pharmaton Capsules are manufactured by Boehringer Ingelheim Pharma GmbH & Co. KG Binger Strasse 173, 55216 Ingelheim/Rhein, Germany

**This leaflet was last approved in: October 2018**