Te Whatu Ora
Health New Zealand
Waitaha Canterbury

MULTIVITAMINS

What does it do?

Multivitamins contain retinol (vitamin A), thiamine (vitamin B1), riboflavin (vitamin B2), nicotinamide (vitamin B3), ascorbic acid (vitamin C) and colecalciferol (vitamin D). They are used to increase the amount of these vitamins in your body.

Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *multivitamins* regularly as directed with a glass of water. You can take it with or without food.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *multivitamins* including:

- products that also contain vitamins A, B, C or D (e.g. Clinicians Sunshine Vitamin D3®, Thompson's Vitamin A 10,000®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Change in urine colour (bright yellow)	This is nothing to worry about

If you notice any other effects, discuss them with your doctor or pharmacist.