

VITAMIN B COMPLEX

What does it do?

Vitamin B complex contains thiamine (B1), riboflavin (B2), nicotinamide (B3) and pyridoxine (B6). It is used to increase the amount of these B 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 *vitamin B complex* regularly as directed with a glass of water.

What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with vitamin b complex including:

- supplements that also contain vitamin B (e.g. Centrum®)

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?

Vitamin B complex is unlikely to cause any side effects. If you notice any symptoms you are concerned about, discuss them with your doctor or pharmacist.

Other information:

- *Vitamin B complex* may turn your pee bright yellow – this is common and is nothing to worry about.