

Vitamin B

Medication Information Leaflet

What is the medication for?

Vitamin B complex tablets (usually containing B1, B2, B3 & B6) is used to treat or prevent Vitamin B deficiency.

Vitamin B supplements may also be available in various combinations (e.g. B1, B6 & B12) for the nerves, or on its own (e.g. B12) for other indications. Please check with your healthcare professional.

How should I take/use the medication?

- Take this medication as prescribed by your healthcare professional
- Do not stop taking your medications without checking with your healthcare professional
- This medication may be taken with or without food
- This medication is usually taken in the morning, as they may help with energy levels. If it is taken at night or close to bedtime, it might cause wakefulness or alertness.
- Do not take other Vitamin B6 (also known as pyridoxine)-containing products while on this medication to prevent overdose.

What should I do if I forget to take/use this medication?

If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Do not double your dose or use extra medication to make up for the missed dose.

What precautions should I take?

Inform your healthcare professional if:

- You are allergic to this medication, or any of the other ingredients in this medication
- You are taking any other medications, including supplements, traditional medications and herbal remedies

What are some common side-effects of this medication?

Some side effects of Vitamin B may include stomach discomfort (e.g. nausea, passing out gas more often or heartburn)

- You may reduce the stomach discomfort by taking medication with or after food

What are some rare but serious side-effects that I need to seek medical advice immediately?

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

Excessive intake of Vitamin B6 (pyridoxine) may lead to peripheral neuropathy (a nerve disorder).

The symptoms of peripheral neuropathy include tingling, burning, or numbness in the hands or feet.

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

How should I store the medication?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children. Throw away all expired medications.

How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

Disclaimers

Please take note that the above is not a complete list of all possible side effects. If you have any concerns about your medication or if you have other side effects that you think are caused by this medication, please consult your doctor or pharmacist.

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore. The content does not reflect drug availability and supply information in pharmacies and healthcare institutions. You are advised to check with the respective institutions for such information.

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