

PROFESSIONAL INFORMATION**D 34.12 Multiple substance formulation. Complementary Medicine: Health Supplement.**

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.
Health supplements are intended only to complement health or supplement the diet.

SCHEDULING STATUS: **1. NAME OF THE MEDICINE****BIOGEN B-COMPLEX BURST PERFORMANCE****2. QUALITATIVE AND QUANTITATIVE COMPOSITION**

Each effervescent tablet contains:	%NRV*
Calcium carbonate (providing 95.00 mg elemental Calcium)	263.90 mg 7 %
Nicotinamide (Vitamin B ₃)	16.70 mg 104 %
Riboflavin (Vitamin B ₂)	7.10 mg 546 %
Thiamine (Vitamin B ₁)	6.20 mg 517 %
Pantothenic acid (Vitamin B ₅) (from calcium D-pantothenate)	5.90 mg 118 %
Pyridoxine (Vitamin B ₆)	3.60 mg 212 %
Cyanocobalamin (Vitamin B ₁₂)	5.00 µg 208 %
Colecalciferol (Vitamin D ₃)	2.25 µg 15 %

*%Nutrient Reference Values (NRVs) for individuals 4 years and older (2010)

Contains sweetener (20 mg Sucralose & Acesulfame K per effervescent tablet).

For the full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Effervescent tablets.

4. CLINICAL PARTICULARS**4.1 Therapeutic indications**

BIOGEN B-COMPLEX BURST PERFORMANCE assists with energy-yielding metabolism and supports healthy nerve function to enhance mental and physical performance.

4.2 Posology and method of administration

BIOGEN B-COMPLEX BURST PERFORMANCE should be taken with a meal.

Children 1 – 8 years:

Dissolve 1/2 an effervescent tablet in a glass of water.

Children 9 – 18 years and Adults:

Dissolve 1 effervescent tablet in a glass of water.

Do not swallow the effervescent tablet whole.

Do not exceed the recommended daily dosage.

4.3 Contraindications:

Hypersensitivity to any of the active ingredients or to any of the excipients listed in section 6.1.

4.4 Special warnings and precautions for use

- Take special care if you have a history of liver disease, peptic ulcer disease or a hereditary defect in copper homeostasis.
- BIOGEN B-COMPLEX BURST PERFORMANCE affects calcium absorption and patients with hypercalcaemia should not take BIOGEN B-COMPLEX BURST PERFORMANCE (see SIDE EFFECTS).
- Patients with the rare hereditary condition of sorbitol intolerance should not take BIOGEN B-COMPLEX BURST PERFORMANCE.

4.5 Interactions with other medicines

- BIOGEN B-COMPLEX BURST PERFORMANCE may interact with other medicines both by alterations in gastric pH and emptying, and by formation of complexes that are not absorbed.
- Interactions can be minimised by taking BIOGEN B-COMPLEX BURST PERFORMANCE and any other medicine 2 to 3 hours apart.
- BIOGEN B-COMPLEX BURST PERFORMANCE may increase the risk of hypercalcaemia when used in combination with thiazide diuretics. Calcium concentrations in the plasma should therefore be monitored in such situations.
- Calcium supplements should not be taken at the same time as zinc supplements as they may decrease zinc absorption. It is recommended to take these supplements at least 4 hours apart.

Interactions with Diseases/Impairments

No studies has been performed.

Interactions with Foods

No studies has been performed.

4.6 Fertility, pregnancy and lactation

Safety in fertility, pregnancy and lactation has not been established.

4.7 Effects on ability to drive and use machines

Patients should exercise caution before driving or operating machinery until they are reasonably certain BIOGEN B-COMPLEX BURST PERFORMANCE does not adversely affect their performance.

4.8 Undesirable effects

The list below provides information on undesirable effects that may be associated with the use of BIOGEN B-COMPLEX BURST PERFORMANCE:

Cardiovascular

Thiamine can cause sweating, angioedema, transient vasodilation and hypotension, and vascular collapse.
Vitamin D can rarely develop hypertension.

Dermatologic

Thiamine can cause feelings of warmth, tingling, pruritus, pain, and urticaria.
Nicotinamide can cause mild cases of flushing, skin rash, pruritus, and excessive sweating.
Vitamin B₆ (pyridoxine) can cause skin and other allergic reactions and photosensitivity.
Vitamin B₁₂ can cause pustular or papular rash, pruritus, erythema, and urticaria have been recorded.

Immunologic

In rare cases thiamine can cause dermatitis and other hypersensitivity reactions.

Neurologic

Thiamine can cause weakness and restlessness.
Vitamin B₆ (pyridoxine) can cause headache, and paresthesia.

Gastrointestinal

Thiamine can cause nausea, tightness of the throat, and GI bleeding.
Nicotinamide can cause mild cases of nausea, bloating, and transient changes in stools.
Vitamin B₆ (pyridoxine) can cause nausea, vomiting, heartburn, abdominal pain, and loss of appetite.
Large amounts of pantothenic acid can cause diarrhea.
Vitamin D may cause dry mouth.
Calcium can cause belching, flatulence, nausea, gastrointestinal discomfort, and diarrhea.

Renal

Vitamin D intoxication can occur when vitamin D supplements are taken orally in excessive doses.
Calcium in doses over the tolerable upper intake level can increase the risk of kidney stones.

Should your general health worsen, or if you experience any untoward effects or allergic reactions while taking this medicine, please consult your doctor, pharmacist or other healthcare professional immediately.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Healthcare providers are asked to report any suspected adverse reactions to SAHPRA via the "6.04 Adverse Drug Reactions Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>.

4.9 Overdose

Overdose is unlikely, but in case of overdose side effects as listed in 4.8 can be precipitated or be of increased severity. Treatment of overdosage is symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES**Pharmacodynamic properties**

Calcium
Calcium is essential for maintenance of the functional integrity of nervous, muscular, and skeletal systems and cell-membrane and capillary permeability.

Nicotinamide
Nicotinamide is a Vitamin B₃ that contributes to the maintenance of normal skin as well as the reduction of tiredness and fatigue.

Riboflavin
Vitamin B₂ participates in oxidation-reduction reactions in numerous metabolic pathways and in energy production. It has a role as an antioxidant and may be involved in maintaining the integrity of erythrocytes.

Thiamine
Thiamine combines with adenosine triphosphate (ATP) in the liver, kidneys, and leukocytes to produce thiamine diphosphate. Thiamine diphosphate acts as a coenzyme in carbohydrate metabolism, in transketolation reactions, and in the utilization of hexose in the hexose-monophosphate shunt.

Pantothenic acid
Pantothenic acid is a component of coenzyme-A and acyl-carrier protein involved in energy metabolism and the synthesis of fatty acids, cholesterol, steroid hormones and the neurotransmitter acetylcholine.

Pyridoxine
Vitamin B₆, also known as pyridoxine, serves as a co-enzyme for multiple enzymes involved in the synthesis and breakdown of amino acids. It assists in glycogenolysis and synthesis of various neurotransmitters and porphyrin precursors of haem.

Cyanocobalamin
is required for nucleoprotein and myelin synthesis, cell reproduction, normal growth, and the maintenance of normal erythropoiesis.

Colecalciferol
A vitamin D₃ that regulates calcium and phosphate homeostasis and calcium contributes to normal neurotransmission and muscle function.

Pharmacokinetic properties
Calcium
Calcium is absorbed from the GI tract by active transport and passive diffusion. Calcium is actively absorbed in the duodenum and proximal jejunum and, to a lesser extent, in the more distal segments of the small intestine.

Nicotinamide
Nicotinamide is rapidly absorbed from the gastrointestinal tract following oral administration and widely distributed into body tissues and breast milk. It is metabolized in the liver to N-methylniacinamide, other N-methylated derivatives, and nicotinuric acid (the glycine conjugate of niacin) and excreted in urine.

Riboflavin
Riboflavin is readily absorbed from the gastrointestinal tract and widely distributed to body tissues. Little is stored in the body and is excreted in urine, partly as metabolites. Riboflavin crosses the placenta and is distributed into breast milk.

Thiamine
Thiamine is readily absorbed from the GI tract, but absorption of large doses is limited. Administration with food reduces the rate of absorption.

Pantothenic acid
Pantothenic acid is readily absorbed from the GI tract.

Pyridoxine,
Are converted to the active forms of the vitamin, pyridoxal phosphate and pyridoxamine phosphate, which act as coenzymes in a wide variety of reactions in intermediary metabolism.

Cyanocobalamin
Cyanocobalamin is associated with fat and carbohydrate metabolism and protein synthesis through conversion to coenzyme B₁₂ and maintaining sulphydryl groups in the reduced form required by many sulphydryl activated enzyme systems.

Colecalciferol
A vitamin D₃ principal biologic function of vitamin D is to maintain serum calcium and phosphorus concentrations within the normal range by enhancing the efficiency of the small intestine to absorb these minerals from the diet.

6. PHARMACEUTICAL PARTICULARS**6.1 List of excipients**

Citric acid, Sodium bicarbonate, Sorbitol, Isomalt, Flavouring, Polyethylene glycol, Polyvinylpyrrolidone, Crosspovidone, Tartaric acid, Non-nutritive sweetener (Sucralose & Acesulfame K).

6.2 Incompatibilities

Not applicable.

6.3 Shelf Life

24 Months.

6.4 Special precautions for storage

Store all medicines out of reach of children.
Store at or below 25 °C and protect from moisture.

Store in the original container.

6.5 Nature and contents of container

Light yellow, speckled, round, flat, bevelled edge effervescent tablet.
Ten effervescent tablets packed in a white polypropylene tube, with desiccant containing white snap on lid. Tubes are packed into an outer cardboard carton in pack sizes of either 10 or 30 effervescent tablets.

6.6 Special precautions for disposal and other handling

No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION

BioGen
23 Stag Road,
Glen Austin,
South Africa
info@biogen.co.za
www.biogen.co.za
Tel: 0860 347243

8. REGISTRATION NUMBER

Will be allocated by SAHPRA upon registration.

9. DATE OF FIRST AUTHORISATION

Will be allocated by SAHPRA upon registration.

10. DATE OF REVISION OF THE TEXT

July 2021.

20040P01

JOB: BPS_B-Complex Burst Performance	SIZE: 246mm x 364mm
STOCK: Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input type="checkbox"/> Paper: <input checked="" type="checkbox"/> Other: <input type="checkbox"/>	
COLOUR:  FINISHING: <input type="checkbox"/> Foil / Holographic Foil <input type="checkbox"/> Matte <input type="checkbox"/> Gloss <input type="checkbox"/> Spot UV <input type="checkbox"/> Doming <input type="checkbox"/> Embossing	
PLEASE CHECK CAREFULLY <small>Although we endeavour to proof accurately, we cannot accept responsibility for errors once proofs are signed and accepted by our clients.</small>	

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **S0**

BIOGEN B-COMPLEX BURST PERFORMANCE (Effervescent tablets)

Calcium, Vitamin B₃, Vitamin B₂, Vitamin B₁, Vitamin B₆, Vitamin B₁₂, Vitamin D₃.

Complementary Medicine: Health Supplement

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. Health supplements are intended only to complement health or supplement the diet.

Read all of this leaflet carefully because it contains important information for you.

BIOGEN B-COMPLEX BURST PERFORMANCE is available without a doctor's prescription. BIOGEN B-COMPLEX BURST PERFORMANCE assists with maintaining a healthy skin and immune system. Nevertheless, you still need to take BIOGEN B-COMPLEX BURST PERFORMANCE carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share BIOGEN B-COMPLEX BURST PERFORMANCE with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What BIOGEN B-COMPLEX BURST PERFORMANCE is and what it is used for.
2. What you need to know before you take BIOGEN B-COMPLEX BURST PERFORMANCE.
3. How to take BIOGEN B-COMPLEX BURST PERFORMANCE.
4. Possible side effects.
5. How to store BIOGEN B-COMPLEX BURST PERFORMANCE.
6. Contents of the pack and other information.

1. What BIOGEN B-COMPLEX BURST PERFORMANCE is and what it is used for

BIOGEN B-COMPLEX BURST PERFORMANCE assists with energy-yielding metabolism and supports healthy nerve function to enhance mental and physical performance.

2. What you need to know before you take BIOGEN B-COMPLEX BURST PERFORMANCE

Do not take BIOGEN B-COMPLEX BURST PERFORMANCE:

- If you are hypersensitive to any of the ingredients contained in BIOGEN B-COMPLEX BURST PERFORMANCE (see WHAT BIOGEN B-COMPLEX BURST PERFORMANCE CONTAINS).

Take special care with BIOGEN B-COMPLEX BURST PERFORMANCE:

- If you have a history of liver disease, peptic ulcer disease or a hereditary defect in copper homeostasis.
- BIOGEN B-COMPLEX BURST PERFORMANCE affects calcium absorption and patients with hypercalcemia should not take BIOGEN B-COMPLEX BURST PERFORMANCE (see SIDE EFFECTS).
- Patients with the rare hereditary condition of sorbitol intolerance should not take BIOGEN B-COMPLEX BURST PERFORMANCE.

Taking BIOGEN B-COMPLEX BURST PERFORMANCE with food and drink:

- BIOGEN B-COMPLEX BURST PERFORMANCE should be taken with food.

Pregnancy and Breastfeeding:

- Do not use BIOGEN B-COMPLEX BURST PERFORMANCE during pregnancy or while you are breastfeeding your baby, as safety and efficacy have not been established.
- If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking this medicine.

Driving and using machinery:

- The effect of BIOGEN B-COMPLEX BURST PERFORMANCE on the ability to drive a vehicle and use machines has not been studied.
- It is unlikely for BIOGEN B-COMPLEX BURST PERFORMANCE to affect the ability to drive a vehicle or operate machinery, however, caution is advised before performing tasks that require your attention until the effects of BIOGEN B-COMPLEX BURST PERFORMANCE are known.

Important information about the ingredients of BIOGEN B-COMPLEX BURST PERFORMANCE:

BIOGEN B-COMPLEX BURST PERFORMANCE contains sorbitol and other sweeteners (20 mg Sucralose & Acesulfame K per effervescent tablet). If you have been told that you have an intolerance to some sugars, you should not take BIOGEN B-COMPLEX BURST PERFORMANCE.

Taking other medicines with BIOGEN B-COMPLEX BURST PERFORMANCE:

Always tell your healthcare professional if you are taking any other medicine. (This includes complementary or traditional medicines).

- BIOGEN B-COMPLEX BURST PERFORMANCE may interact with other medicines both by alterations in gastric pH and emptying, and by formation of complexes that are not absorbed.
- Interactions can be minimised by taking BIOGEN B-COMPLEX BURST PERFORMANCE and any other medicine 2 to 3 hours apart.
- BIOGEN B-COMPLEX BURST PERFORMANCE may increase the risk of hypercalcemia when used in combination with thiazide diuretics. Calcium concentrations in the plasma should therefore be monitored in such situations.

3. HOW TO TAKE BIOGEN B-COMPLEX BURST PERFORMANCE:

- The usual dose is 1 effervescent tablet in a glass of water and drink entire contents once per day with a meal.
- Do not swallow the effervescent tablet whole.
- Do not exceed the recommended daily dosage.

If you take more BIOGEN B-COMPLEX BURST PERFORMANCE than you should:

In the event of an over dosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre. Take this leaflet and the rest of the remaining BIOGEN B-COMPLEX BURST PERFORMANCE with you so the doctor will know what you have taken.

If you forget to take / missed a dose of BIOGEN B-COMPLEX BURST PERFORMANCE:

Take your missed dose when you remember. Do not take a double dose to make up for forgotten individual doses.

4. POSSIBLE SIDE EFFECTS:

BIOGEN B-COMPLEX BURST PERFORMANCE can have side effects.

Not all side effects reported for BIOGEN B-COMPLEX BURST PERFORMANCE are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking BIOGEN B-COMPLEX BURST PERFORMANCE, please consult your healthcare provider for advice.

The following side effects may be associated with the use of BIOGEN B-COMPLEX BURST PERFORMANCE:

SIDE EFFECTS:

Cardiovascular:

Thiamine can cause sweating, angioedema, transient vasodilation and hypotension, and vascular collapse.

Vitamin D can rarely develop hypertension.

Dermatologic:

Thiamine can cause feelings of warmth, tingling, pruritus, pain, and urticaria.

Nicotinamide can cause mild cases of flushing, skin rash, pruritus, and excessive sweating.

Vitamin B₆ (pyridoxine) can cause skin and other allergic reactions and photosensitivity.

Vitamin B₁₂ can cause pustular or papular rash, pruritus, erythema, and urticaria have been recorded.

Immunologic:

In rare cases thiamine can cause dermatitis and other hypersensitivity reactions.

Neurologic:

Thiamine can cause weakness and restlessness.

Vitamin B₆ (pyridoxine) can cause headache, and paresthesia.

Gastrointestinal:

Thiamine can cause nausea, tightness of the throat, and GI bleeding.

Nicotinamide can cause mild cases of nausea, bloating, and transient changes in stools.

Vitamin B₆ (pyridoxine) can cause nausea, vomiting, heartburn, abdominal pain, and loss of appetite.

Large amounts of pantothenic acid can cause diarrhea.

Vitamin D may cause dry mouth.

Calcium can cause belching, flatulence, nausea, gastrointestinal discomfort, and diarrhea.

Renal:

Vitamin D intoxication can occur when vitamin D supplements are taken orally in excessive doses.

Calcium in doses over the tolerable upper intake level can increase the risk of kidney stones.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

5. How to store BIOGEN B-COMPLEX BURST PERFORMANCE:

- STORE ALL MEDICINES OUT OF REACH OF CHILDREN.
- Protect from moisture and store at or below 25 °C.
- Store in original packaging until required for use.
- Do not use after the expiry date printed on the container.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).
- Return all unused medicine to your pharmacist.

6. Contents of the pack and other information

What BIOGEN B-COMPLEX BURST PERFORMANCE contains:

Each effervescent tablet contains:	%NRV*
Calcium carbonate (providing 95,00 mg elemental Calcium)	263,90 mg 7 %
Nicotinamide (Vitamin B ₃)	16,70 mg 104 %
Riboflavin (Vitamin B ₂)	7,10 mg 546 %
Thiamine (Vitamin B ₁)	6,20 mg 517 %
Pantothenic acid (Vitamin B ₅) (from calcium D-pantothenate)	5,90 mg 118 %
Pyridoxine (Vitamin B ₆)	3,60 mg 212 %
Cyanocobalamin (Vitamin B ₁₂)	5,00 µg 208 %
Colecalciferol (Vitamin D ₃)	2,25 µg 15 %

*%Nutrient Reference Values (NRVs) for individuals 4 years and older (2010)

The other ingredients are Citric acid, Sodium bicarbonate, Sorbitol, Isomalt, Flavouring, Polyethylene glycol, Polyvinylpyrrolidone, Tartaric acid, and Non-nutritive sweetener (Sucralose & Acesulfame K).

7. What BIOGEN B-COMPLEX BURST PERFORMANCE looks like and contents of the pack

Ten light yellow, speckled, round, flat, bevelled edge effervescent tablets packed in a white polypropylene tube, with desiccant containing white snap on lid.

Tubes are packed into an outer cardboard carton in pack sizes of either 10 or 30 effervescent tablets.

8. Holder of certificate of registration

Biogen
23 Stag Road, Glen Austin, South Africa
info@biogen.co.za
www.biogen.co.za
Tel: 0860 347 243

9. Registration number

Will be allocated by SAHPRA upon registration.

PATIENT INFORMATION LEAFLET

SKEDULERINGSTATUS: **S0**

BIOGEN B-COMPLEX BURST PERFORMANCE (Bruistablet)

Kalsium, Vitamien B₃, Vitamien B₂, Vitamien B₁, Vitamien B₅, Vitamien B₆, Vitamien B₁₂, Vitamien D₃.

Anvullende Medisyne: Gesondheidsaanvulling

Hierdie ongeregistreerde medisyne is nie vir gehalte, veiligheid of beoogde gebruik deur SAHPRA geëvalueer nie. Gesondheidsaanvullings dien slegs as aanvulling tot gesondheid of dieet.

Lees hierdie inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir u.

BIOGEN B-COMPLEX BURST is beskikbaar sonder 'n doktersvoorskrif as 'n gesondheidsaanvulling. Jy moet BIOGEN B-COMPLEX BURST PERFORMANCE nie teminste steeds versigtig neem om die beste resultate te kry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat u dit weer lees.
- Moenie BIOGEN B-COMPLEX BURST PERFORMANCE met enige ander persoon deel nie.
- Vra u apteker indien u verdere inligting van advies nodig het.

What is in this leaflet

1. What BIOGEN B-COMPLEX BURST PERFORMANCE is and what it is used for.
2. What you need to know before you take BIOGEN B-COMPLEX BURST PERFORMANCE.
3. How to take BIOGEN B-COMPLEX BURST PERFORMANCE.
4. Possible side effects.
5. How to store BIOGEN B-COMPLEX BURST PERFORMANCE.
6. Contents of the pack and other information.

1. WAARVOOR BIOGEN B-COMPLEX BURST PERFORMANCE GEBRUIK WORD:

BIOGEN B-COMPLEX BURST PERFORMANCE help met die opwekking van energie-opbrengs en ondersteun gesenuwee funksie om brein en fisiiese prestasie te verbeter.

2. VOORDAT U BIOGEN B-COMPLEX BURST PERFORMANCE NEEM:

- Moenie BIOGEN B-COMPLEX BURST PERFORMANCE neem nie:
- Indien u hipersensitiviteit (allergies) is vir enige van die bestanddele van BIOGEN B-COMPLEX BURST PERFORMANCE (sien WAT BIOGEN B-COMPLEX BURST PERFORMANCE BEVAAT).

Neem spesiale sorg met BIOGEN B-COMPLEX BURST PERFORMANCE:

- As u 'n geskiedenis van lewersiekte, maagsweer of 'n oorrelief defek in koper-homeostase het.
- BIOGEN B-COMPLEX BURST PERFORMANCE beïnvloed kalsiumabsorpsie en pasiënte met hiperkalsemie moet nie BIOGEN B-COMPLEX BURST PERFORMANCE neem nie (sien NEWE-EFFEKTE).
- Pasiënte met die selde sameleer oorrelief toestand van sorbitolintoleransie moet gebruik van BIOGEN B-COMPLEX BURST PERFORMANCE vermy.

Die neem van BIOGEN B-COMPLEX BURST PERFORMANCE met kos en drankgoed:

- BIOGEN B-COMPLEX BURST PERFORMANCE moet saam met kos geneem word.

Swangerskap en Borsvoeding:

- Moenie BIOGEN B-COMPLEX BURST tydens swangerskap of borsvoeding gebruik nie, aangesien veiligheid en effektiwiteit nie vasgestel is nie.
- As u swanger is of u baba borsvoed, raadpleeg u dokter, apteker of ander gesondheidswerker voordat u hierdie medisyne gebruik.

Bestuur en gebruik van masjienerie:

- Geen studies oor die effek op die vermoë om te bestuur of gebruik van masjienerie is uitgevoer nie.
- Dit is waarskynlik dat BIOGEN B-COMPLEX BURST PERFORMANCE jou vermoë om te bestuur of masjienerie te gebruik sal beïnvloed.
- Wees egter versigtig tot u seker is u vermoë om hierdie aktiwiteit uit te voer word nie beïnvloed nie.

Belangrike inligting oor die bestanddele van BIOGEN B-COMPLEX BURST PERFORMANCE:

BIOGEN B-COMPLEX BURST PERFORMANCE bevat sorbitol en ander versoeters (20 mg Sucralose & Acesulfame K per bruistablet). As u bewus is dat u sommige suikers nie kan verdra nie, moet u nie BIOGEN B-COMPLEX BURST PERFORMANCE neem nie.

Die neem van ander medikasie saam met BIOGEN B-COMPLEX BURST PERFORMANCE:

Sé altyd vir u gesondheidsorgverskaffer indien u enige ander medisyne neem. (Dit sluit aanvullende of tradisionele medisynes in).

- BIOGEN B-COMPLEX BURST PERFORMANCE kan met die werking van ander medisyne inmeng deur veranderinge in maag pH en maagleiding, of deur vroming van kompleks wat nie geabsorbeer word nie.
- Interaksies kan geminaliseer word deur BIOGEN B-COMPLEX BURST PERFORMANCE en ander medikasies 2 tot 3 ure apart te neem.
- BIOGEN B-COMPLEX BURST PERFORMANCE mag die risiko van hiperkalsemie verhoog wanneer gebruik word in kombinasie met tiasiediurekt. Kalsiumkonsentrasies in die plasma moet dus in sulke situasies gemonitor word.

3. HOE OM BIOGEN B-COMPLEX BURST PERFORMANCE TE NEEM:

- Die gewone dosis is 1 bruistablet in 'n glas water en drink die hele inhoud een keer per dag met 'n ete.
- Moenie die bruistablet heel stuk nie.
- Moenie die aanbevolle daagliks dosis oorskry nie.

Indien u meer BIOGEN B-COMPLEX BURST PERFORMANCE neem as wat u behoeft:

In die geval van 'n oordosis, raadpleeg u dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum. Neem hierdie inligtingsblad en die ouer met die oorblywende BIOGEN B-COMPLEX BURST PERFORMANCE saam met u, sodat die dokter kan sien wat u geneem het.