

Package Leaflet: Information for the user



Multivitamin, Multimineral & Antioxidants Capsules

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice
- You must contact a doctor if your symptoms worsen or do not improve
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

1. What Bevon is and what it is used for
2. What you need to know before you take Bevon capsule
3. How to take Bevon capsule
4. Possible side effects
5. How to store Bevon capsule
6. Contents of the pack and other information

1. What Bevon capsule is and what it is used for

Bevon Capsules are a multivitamin, multi-mineral and anti-oxidant supplement. They contain a combination of 18 essential vitamins, minerals and trace elements. The human body requires a wide variety of vitamins, minerals and trace elements to perform crucial daily tasks such as releasing energy from food and repairing cell damage. During certain illnesses, your body either cannot get or cannot efficiently use all of the vitamins, minerals and trace elements it needs. Your doctor, dietician or pharmacist will give you Bevon Capsules if your diet has not provided you with enough vitamins, minerals and trace elements.

Each capsule contains the following 18 essential vitamins, minerals and trace elements, each of which plays a vital role in the efficient daily maintenance of many body processes.

Each soft gelatin capsule contains:

Pyridoxine Hydrochloride IP.....	1.5 mg
Niacinamide IP.....	15 mg
Cyanocobalamin IP.....	0.5 mcg
Folic Acid IP.....	300 mcg
Choline Bitartrate USP.....	10 mg
Biotin IP.....	30 mcg
Betacarotene (30% Dispersion) USP.....	5 mg
Nickel Sulphate	

equivalent to Elemental Nickel.....15 mcg
 Zinc Sulphate Monohydrate IP
 equivalent to Elemental Zinc.....7.5 mg
 Sodium Selenite Pentahydrate BP
 equivalent to Elemental Selenium.....30 mcg
 Copper Sulphate Pentahydrate BP
 equivalent to Elemental Copper.....2.5 mg
 Chromium Picolinate IP
 equivalent to Elemental Chromium.....65 mcg
 Manganese Sulphate USP
 equivalent to Elemental Manganese.....1.4 mg
 Sodium Molybdate Dihydrate BP
 equivalent to Elemental Molybdenum.....25 mcg
 Benfotiamine.....2 mg
 Sodium Borate BP
 equivalent to Elemental Boron.....150 mcg
 Dibasic Calcium Phosphate IP
 equivalent to Elemental Phosphorous.....125 mg
 Lycopene Preparations (10%) USP.....5 mg
 Excipients.....q.s.
 In wheat germ oil virgin & flaxseed oil base.
 Approved colours used in the capsule shell.

The functions of the vitamins found in Bevon capsule are:

Vitamin A (β -Carotene)	Is essential for growth, maintenance of skin and mucous membranes such as the linings of the mouth, nose, lungs, digestive system, colon and for vision, particularly at night
Vitamin B6 (Pyridoxine)	Vitamin B6 helps protein metabolism, along with the maintenance of the nervous and immune systems
Vitamin B12	Vitamin B12 is often called the 'red vitamin' because it is required for regulating blood cells
Biotin	Biotin is needed for normal growth and development of the skin and hair, the maintenance of a healthy nervous system and the healthy functioning of bone marrow
Niacinamide	Niacinamide (also known as vitamin B ₃) is essential for a healthy nervous system
Benfotiamne	Thiamine (Vitamin B1) is involved in the proper functioning of the heart muscles and for the release of

energy from protein, fat and carbohydrate, needed for growth, normal appetite and digestion. Thiamin has also been shown to play a vital role in the normal functioning of the nervous system

Folic acid Folic acid is required to regulate the growth of cells including red blood cells and protein synthesis

The main functions of the minerals and trace elements are:

Zinc Zinc is required for growth and cell function, bone metabolism, taste, insulin production and the body's immune system which fights infection.

Manganese Manganese helps the body to utilize calcium and potassium and maintain the structure of cells.

Selenium Selenium helps to protect the cells and lipids from free radical damage.

Chromium Helps the body to use glucose by its action on insulin

Molybdenum Is involved in the enzyme processes for protein metabolism.

Copper Is required for growth and forms part of enzymes involved in blood and bone formation

Choline Choline is a precursor to the neurotransmitter acetylcholine, participate in signal transduction, an essential process for cell growth, regulation and function.

Calcium Phosphate Calcium is necessary for the formation of bones and teeth and plays a vital role in cell function, muscle contraction and in the nervous system.
Phosphorus is necessary for the formation of bones and has an important role in many varied chemical reactions in the body

Sodium Borate increase muscle mass; increase muscle strength; maintain bone density; improve calcium absorption and decrease body fat

Nickel Nickel plays a role in the circulation of some proteins and contributes to the production of hormones, lipids, and cell membranes

Lycopene

Its potent antioxidant and anti-inflammatory effects may help protect against heart disease, skin disease, reproductive system diseases, certain types of cancer, and high blood sugar. It also aids in improving liver and bone health.

2. What you need to know before you take Bevon capsule

Do not take Bevon capsule if:

- Hypersensitivity to the active substance or to any of the excipients listed in the formulation.
- Whilst taking Bevon capsule, both protein and energy are also required to provide complete nutrition in the daily diet. No other vitamins, minerals or supplements with or without vitamin A should be taken with this preparation except under medical supervision.
- Evidence from Randomised Control Trials suggests that high doses (20-30 mg/day) β -carotene intake may increase the risk of lung cancer in current smokers and those previously exposed to asbestos. This high-risk population should consider the potential risks and benefits of Bevon capsule, which contain 5mg of β -carotene per recommended daily dose, before use.
- if you suffer from hypercalcaemia (high level of calcium in the blood)

Take special care with Bevon Capsule

Before you are given Bevon Capsules tell your doctor, dietician or pharmacist if:

- you are pregnant or thinking of becoming pregnant
- you are a smoker
- you have an asbestos related illness such as asbestosis

Do not take this medicine if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking Bevon capsule.

Pregnancy and breast-feeding

Bevon capsule contain vitamin A, check with your doctor, dietician or pharmacist for advice before taking this medicine during pregnancy.

Check with your doctor or pharmacist for advice before taking this medicine whilst breast-feeding

Other medicines and Bevon capsule

Tell your doctor if you are taking or have recently taken/used any of the following medicines as they may interfere with Bevon Capsules:

- Phenytoin (used to treat epilepsy)
- Tetracycline antibiotics (used to treat infections) such as doxycycline and minocycline.

Please tell your doctor if you are taking or have recently taken/used any other medicines including other vitamin or mineral products medicines obtained without a prescription.

Tell your doctor if you are taking or have recently taken any other medicines.

3. How to take Bevon capsule

Adults and Elderly:

One capsule per day or as prescribed by the doctor. The capsules should be swallowed whole with a glass of water.

In Children

Do not give Bevon Capsules to children aged under 12

Capsule should be swallowed whole & not to be opened, chewed or crushed.

If you take more Bevon capsule than you should

If you (or someone else) accidentally take too many tablets, you should tell your doctor at once or contact the nearest accident and emergency department. Show any left-over medicines or the empty packet to the doctor

If you forget to take Bevon capsule

Do not worry. If you forget to take a dose, take it as soon as possible, unless it is almost time to take the next dose (within 1-2 hours). Do not take a double dose. Then go on as before.

4. Possible side effects

Like all medicines, Bevon capsule can cause side effects, although not everybody gets them.

Bevon capsule may cause allergic reactions (such as rash), and problems related to your stomach and intestines (such as feeling or being sick and stomach pains).

Reporting of side effects

- If you get any side effects, talk to your doctor. This includes any possible side effects not listed in this leaflet. You can also report side effects directly: Website: www.zuventus.co.in and click the tab “Safety Reporting” located on the top of the home page.
- By reporting side effects, you can help provide more information on the safety of this medicine.

5. How to store Bevon capsule

Keep out of the reach and sight of children.

Do not take Bevon Capsules after the expiry date which is stated on the carton. The expiry date refers to the last day of that month after EXP.

Store in cool and dry place. Keep the blister in the outer carton in order to protect from light.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist on how to dispose of medicines no longer required. These measures will help protect the environment.

6. Contents of the pack and other information

What Bevon capsule contains.

Each soft gelatin capsule contains: Pyridoxine Hydrochloride, Niacinamide, Cyanocobalamin Folic Acid, Choline Bitartrate, Biotin, Beta-carotene Nickel, Zinc, Selenium, Copper Chromium. Manganese, Molybdenum, Benfotiamine, Boron, Dibasic Calcium Phosphate, Lycopene

Excipients q.s. In wheat germ oil virgin & flaxseed oil base

What Bevon capsule looks like and contents of the pack

Approved colours used in the capsule shell.

Packaging

A blister strip of 15 capsules

Marketing Authorisation Holder and Manufacturer

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