

PATIENT INFORMATION LEAFLET

Forceval Capsules[®]

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

This medicine is available without prescription. However, you still need to take Forceval Capsules carefully to get the best results from them.

- 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, dietician or pharmacist if your symptoms worsen or do not improve.
- If any of the side effects gets serious, or if you notice any side effect not listed in this leaflet, please tell your doctor, dietician or pharmacist.

The information in this leaflet has been divided into the following sections:

- 1. What Forceval Capsules are and what they are taken for**
- 2. Check before you take Forceval Capsules**
- 3. How to take Forceval Capsules**
- 4. Possible side effects**
- 5. How to store Forceval Capsules**
- 6. Further information**

1. What Forceval Capsules are and what they are taken for

Forceval Capsules are a multivitamin and mineral supplement. They contain a combination of 24 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 Forceval Capsules if your diet has not provided you with enough vitamins, minerals and trace elements.

Each capsule contains the following 24 essential vitamins, minerals and trace elements, each of which plays a vital role in the efficient daily maintenance of many body processes:

There are 12 vitamins in Forceval Capsules:

Vitamin A (as β -Carotene).....	2500 iu (Retinol Equivalent) (750 micrograms)
Vitamin D ₂	400 iu (10 micrograms)
Vitamin B ₁ (Thiamin).....	1.2 mg
Vitamin B ₂ (Riboflavin).....	1.6 mg
Vitamin B ₆ (Pyridoxine).....	2 mg
Vitamin B ₁₂	3 micrograms
Vitamin C.....	60 mg
Vitamin E.....	10 mg
Biotin.....	100 micrograms
Nicotinamide.....	18 mg
Pantothenic Acid.....	4 mg
Folic Acid.....	400 micrograms

There are 12 minerals and trace elements in Forceval Capsules:

Calcium.....	100 mg
Iron.....	12 mg
Copper.....	2 mg
Phosphorous.....	77 mg
Magnesium.....	30 mg
Potassium.....	4 mg
Zinc.....	15 mg
Iodine.....	140 micrograms
Manganese.....	3 mg
Selenium.....	50 micrograms
Chromium.....	200 micrograms
Molybdenum.....	250 micrograms

The functions of the vitamins found in Forceval Capsules are:^{1,2,3,4}

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 D ₂	Vitamin D ₂ helps the body absorb calcium, potassium and phosphorous, all of which are vital for healthy bones and teeth
Vitamin B ₁ (Thiamin)	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
Vitamin B ₂ (Riboflavin)	Vitamin B ₂ plays a key role in energy metabolism, and is required for the metabolism of fats, carbohydrates, and proteins
Vitamin B ₆ (Pyridoxine)	Vitamin B ₆ helps protein metabolism, along with the maintenance of the nervous and immune systems
Vitamin B ₁₂	Vitamin B ₁₂ is often called the 'red vitamin' because it is required for regulating blood cells
Vitamin C	Vitamin C is an essential vitamin that plays an important role in maintaining the health of our cells, blood vessels and our resistance to infection. Vitamin C also helps bones, teeth, gums, skin and assists the absorption of iron from the blood
Vitamin E	Vitamin E is a highly effective antioxidant, helping to protect the body from the effects of free radicals. It also helps to maintain healthy skin and 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
Nicotinamide	Nicotinamide (also known as vitamin B ₃) is essential for a healthy nervous system
Pantothenic acid	Pantothenic acid plays a vital role in the process of releasing energy from foods, the role of fat metabolism and the provision of the immune system with antibodies
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: ^{1,2,3,4}

Calcium	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
Iron	Iron forms part of red blood cells which carry oxygen round the body
Copper	Is required for growth and forms part of enzymes involved in blood and bone formation
Phosphorus	Phosphorus is necessary for the formation of bones and has an important role in many varied chemical reactions in the body
Potassium	Potassium is essential in muscle function and in the transmission of nerve impulses
Magnesium	Magnesium is essential for the formation of bones and teeth, and for the release of energy from food
Zinc	Zinc is required for growth and cell function, bone metabolism, taste, insulin production and the body's immune system which fights infection
Iodine	Involved in functioning of the thyroid gland which regulates many of the metabolic processes in the body
Manganese	Manganese helps the body to utilise 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.

2. Check before you take Forceval Capsules

Do not take Forceval Capsules:

- if you are allergic (hypersensitive) to any of the ingredients of Forceval Capsules (see Section 6 Further information)
- if you suffer from hypercalcaemia (high level of calcium in the blood)

- if you suffer from iron storage disorders such as bronzed diabetes (haemochromatosis).

Do not give Forceval Capsules to children aged under 12.

Take special care with Forceval Capsules

Before you are given Forceval 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
- you suffer from thyroid problems.

If any of the above applies to you, or if you are not sure, speak to your doctor or pharmacist before taking Forceval Capsules.

Taking other medicines

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

Pregnancy and breast-feeding

Forceval Capsules 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.

Important information about some of the ingredients of Forceval Capsules

This medicine contains amaranth (E123) and Ponceau 4R (E124), which may cause allergic reactions.

Forceval Capsules contain soya bean oil. If you are allergic to peanut or soya, do not take this medicinal product.

Forceval Capsules contain iron, an overdose could be fatal in children under 12 years.

3. How to take Forceval Capsules

Adults and Elderly: One capsule per day or as prescribed by the doctor.

The capsules should be swallowed whole with a glass of water.

Children: Do not give Forceval Capsules to children aged under 12.

What to do if you take more Forceval Capsules 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 Forceval Capsules

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, this medicine can cause side effects, although not everybody gets them.

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

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

5. How to store Forceval Capsules
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Keep out of the reach and sight of children.

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

Do not store above 25°C. 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. Further information

What is in Forceval Capsules?

The active ingredients in this medicine are: Vitamin A (as β -Carotene), Vitamin D₂, Vitamin B₁, Vitamin B₂, Vitamin B₆, Vitamin B₁₂, Vitamin C, Vitamin E, Biotin, Nicotinamide, Pantothenic acid, Folic acid, Calcium, Iron,

Copper, Phosphorous, Magnesium, Potassium, Zinc, Iodine, Manganese, Selenium, Chromium, Molybdenum.

The other ingredients are Soya Bean Oil, Soya Lecithin, Hard Vegetable Fat (Biscuitine 621), Yellow Beeswax, Purified Water, Gelatin, Glycerine, Ponceau 4R (E124), Amaranth (E123), Titanium Dioxide (E171), Red Iron Oxide Paste (E172), Vegetable Black Paste (E153)

What Forceval Capsules look like and contents of the pack

Forceval Capsules are brown and maroon, soft gelatin capsules printed with FORCEVAL in white on one side and 6377 in white on the other side. They come in cartons containing 15, 30, 45 or 90 capsules.

Marketing Authorisation Holder and Manufacturer

The product licence holder is: Alliance Pharmaceuticals Limited, Avonbridge House, Chippenham, Wiltshire, SN15 2BB, UK.

Forceval capsules are manufactured by: TD Packaging, Stephenson, Road, Groundwell Industrial Estate, Swindon, Wiltshire SN25 5AX.

The information in this leaflet applies only to Forceval Capsules. If you have any questions or you are not sure about anything, ask your doctor.

This leaflet was last revised in January 2013.

REFERENCES

- 1) Dietary Reference Values for Food Energy and Nutrients for the United Kingdom (1991), H.M.S.O
- 2) Recommended Dietary Allowances 10th edition, (1989), Subcommittee on the 10th edition of RDA's. Food and Nutrition Board Commission of Life Sciences. National Research Committee
- 3) Manual of Nutritional Therapeutics (1983). David H. Alpers, Ray E. Clouse, William F. Stenson, Fourth Printing December 1986.
- 4) The Pharmacological basis of Therapeutics, 7th Edition (1985), Goodman and Gilman.

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