

*Only for the use of Medical Professionals*

## **Tasti®**

Vitamin A + Vitamin C + Vitamin E tablet

### **Presentation**

Tasti tablets: Red, oblong shaped, sugar coated chewable tablet containing a combination of antioxidant vitamins. Each sugar coated Tasti tablet contains Beta Carotene USP 6mg, Ascorbic Acid (Vitamin C) BP 200mg, & Alphatocopheryl Acetate (Vitamin E) BP 50mg.

### **Uses**

The three antioxidants of Tasti tablet namely Beta Carotene, vitamin C and vitamin E have been linked with reduction of cardiovascular diseases in humans and also with reduces risk of cataract. Oxidation of lipids, particularly low-density lipoprotein (LDL) cholesterol, has been proposed as a factor in atherogenesis which ultimately leads to ischemic heart diseases (Including angina and myocardial infarctions). An approach has been proposed to try and preen atherosclerosis by the use of antioxidants like vitamin E & C and Beta Carotene. The primary role of vitamin E is the prevention of oxidation of polyunsaturated fatty acids. Vitamin E reacts with free radicals which are the cause of oxidative damage to cell membranes, without the formation of another free radical in the process. Antioxidant vitamins can act as prophylaxis of malignant neoplasms because of their properties of scavenging free radicals. Oxygen free radicals are associated with infertility rate. Antioxidant vitamins like vitamin E & C can protect this and improve fertility rates. Antioxidant vitamins can protect the DNA from oxidative damage. Free radicals that are formed by oxidation are a major cause of aging and many elderly diseases that can be protected by antioxidant vitamins. Vitamin E & C are associated with increase immune system of body. Artheromata in the walls of blood vessels is protected by the oxidation of blood lipoproteins. Vitamin E can reduce this risk. Other functions of vitamin E include enhancement of vitamin A utilization, inhibition of prostaglandin synthesis and stimulation of an essential cofactor in steroid metabolism. Researchers speculate that Alzheimer's disease is related to oxidative damage. So antioxidant nutrients, such as vitamin E as well as other antioxidant compounds, may hold therapeutic promise. Vitamin C lowers cellular sorbitol concentrations, reduces capillary fragility and improves forearm vascular blood flow among people with diabetes. These effects may be beneficial in preventing long-term complications. High doses (2g/day) of vitamin C may also lower blood lipid levels in people with non-insulin dependent diabetes. Oxidative processes are increased in patients with chronic renal failure and supplementation with dietary antioxidants appears t be a promising form of therapy to use in addition to kidney dialysis. Ascorbic acid facilitates the absorption of iron by keeping the iron in the reduced form. Antioxidant vitamins are also effective in rheumatic diseases. Vitamin C is involved in a variety of metabolic functions, including direct stimulation of peptide synthesis and hydroxylation of praline and lysine in the formation of collagen, synthesis of epinephrine and conversion of folic acid to folinic acid.

### **Dosage and administration**

Tasti tablet is administered orally. The usual dose is 1 (one) tablet daily or as prescribed by the Physician.

**Contra-indications, warnings, etc.****Contra-indication:**

Although Beta Carotene is converted to vitamin A only when required, yet excessive doses of vitamin A should be avoided in pregnancy because of potential teratogenic effects. Patients with hypersensitivity to retinol should not take this preparation although the possibility of such cases are occasional. Vitamin C in mega doses has been contraindicated for patients with hyperoxaluria. A pregnant woman taking more than 5mg daily ascorbate may suffer fetal abortion. Higher doses of vitamin C have been reported to cause failure of conception.

**Precautions:**

The administration of excessive amount of vitamin A as retinol over long periods can lead to toxicity, known as hypervitaminosis A. This is characterized by fatigue, irritability, anorexia and loss of weight, vomiting and other gastro-intestinal disturbances, low-grade fever, hepato splenomegaly, skin changes, alopecia, dry hair, cracking and bleeding lips, anemia, headache, hypercalcemia, subcutaneous swelling and pains in bones and joints. Vitamin C should be given with care to patients with hyperoxaluria. Vitamin E has been reported to antagonize the effects of vitamin K leading to an increase in blood clotting time in predisposed patients such as those taking oral anticoagulants.

**Side effects:**

Loose stools may occasionally occur during treatment with Beta Carotene and the skin may assume a slightly yellow discoloration. Bruising and arthralgia have been reported rarely. Massive overdose can cause rough skin, dry hair, an enlarged liver and a raised erythrocyte sedimentation rate (ERS) and raised serum calcium and serum phosphate concentrations. Ascorbic acid is usually well tolerated. Large doses are reported to cause diarrhea, and other gastro-intestinal disturbances. It has also been stated that large doses may result in hyperoxaluria and the formation of renal calcium oxalate calculi and ascorbic acid should therefore be given with care to patients with hyperoxaluria. Vitamin E is usually well tolerated. Large doses may cause diarrhea, abdominal pain and other gastro intestinal disturbances and have also been reported to cause fatigue and weakness.

**Drug interactions:**

There is no known potential hazardous interaction with retinol. Both cadmium & copper decrease retinol plasma levels. Neomycin and bleomycin reduce the absorption of retinol. Ascorbic acid is incompatible in solution with aminophylline, bleomycin, erythromycin, lactobionate, nafcillin, nitrofurantion sodium, conjugated oestrogens, sodium bicarbonate, sulphafurazole diethanolamine, chloramphenical sodium succinate, chlorothiazide sodium and hydrocortisone sodium succinate. Among potential useful interactions ascorbic acid increases the apparent half life of paracetamol and enhances iron absorption from the gastro intestinal tract. High doses of vitamin E can impair intestinal absorption of vitamin A and K. Vitamin E may impaired vitamin K function at the level of prothrombin formation and thus potentiate the effects of warfarin.

**Pharmaceutical precautions**

Store in a dry cool place

**Package quantities**

Tasti tablets: 20 tablets in amber glass bottle.

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