

Nutrivit[®] E

Vitamin E

COMPOSITION

Nutrivit[®] E tablet : Each chewable tablet contains Vitamin E 200 mg USP (as alpha Tocopherol acetate USP).

PHARMACOLOGY

Nutrivit[®] E tablet is a synthetic Vitamin E preparation. The exact biological function of Vitamin E is unknown, although the Vitamin is believed to act as an antioxidant. Vitamin E protects polyunsaturated fatty acids (which are components of cellular membrane) and other oxygen-sensitive substances such as Vitamin A and Ascorbic acid (Vitamin C) from oxidation. In premature neonates irritability, edema, thrombosis and hemolytic anemia may be caused due to Vitamin E deficiency. Creatinuria, ceroid deposition, muscle weakness, decreased erythrocyte survival or increased invitro hemolysis by oxidizing agents have been identified in adults and children with low serum tocopherol concentrations. Administration of Vitamin E completely eliminates the sign of Vitamin E deficiency. 20%-80% of Vitamin E is absorbed from the G. I. Tract and it requires the presence of bile salts and dietary fat for efficient absorption. Vitamin E is metabolized in the liver and excreted primarily in bile. Small amounts are excreted in urine.

INDICATION

As a dietary supplement:

- | Vitamin E deficiency resulting from impaired absorption.
- | Increased requirements due to diet rich in polyunsaturated fats.
- | Hemolytic anemia due to Vitamin E deficiency.

Therapeutic use: In Cardiovascular diseases, Heavy metal poisoning, Hepatotoxin poisoning, Hemolytic anemia, Oxygen therapy and replacement therapy in nutritional deficiency states.

DOSAGE AND ADMINISTRATION

Atherosclerosis: 400-800 units (2 - 4 tablets) daily.

Myocardial Infarction: 50 units (1/4 tablet) daily.

Deficiency syndrome in adults: 60 -75 units (1/4 - 1/2 tablet) daily.

Deficiency syndrome in children: 25 units (1/8 tablet) daily.

Retinopathy of prematurity in neonates: 100 units/kg body weight daily.

Bronchopulmonary dysplasia in infants: 20 units/kg body weight daily.

Thalassemia: 750 units (4 tablets) daily.

Sickle-cell anemia: 450 units (2 tablets) daily.

CONTRAINDICATION AND PRECAUTION

No absolute contraindication.

SIDE EFFECT

Overdoses (>1 g) have been associated with minor side effects, including hypertension, fatigue, diarrhea and myopathy.

DRUG INTERACTION

Vitamin E impairs the absorption of Vitamin A and K. Vitamin E inhibits the function of Vitamin K at the level of prothrombin formation and potentiates the effect of Warfarin.

USE IN PREGNANCY AND LACTATION

Vitamin E is safe in pregnancy and lactation, when used as recommended doses. Higher doses are not established.

USE IN CHILDREN

Vitamin E is safe for children.

STORAGE CONDITION

Should be stored in a well-closed container, protected from light, at a temperature not exceeding 30°C.

HOW SUPPLIED

Nutrivit[®] E tablet : Each pack contains 50 chewable tablets.

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