

		<i>Menevit CMI</i> 12 May 2009
	Consumer Medicine Information	

MENEVIT[®]

Soft Capsules containing the antioxidants lycopene, selenium and zinc, plus garlic and vitamins

What is in this leaflet

This leaflet answers some common questions about **Menevit** capsules.

It does not contain all the information about **Menevit** capsules. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. You should consider the risks of taking **Menevit** capsules against the benefits you expect.

If you have any concerns about taking this medicine, ask your pharmacist or doctor.

Keep this leaflet with the medicine. You may need to read it again.

What Menevit capsules are used for

Menevit capsules are specifically formulated to support sperm health for couples planning pregnancy.

How Menevit works

Menevit contains the following ingredients:

- Ascorbic acid (vitamin C) 100 mg
- Zinc (as zinc sulphate) 25 mg
- d-alpha-tocopherol (vitamin E) 400 IU
- Folic acid 500 mcg
- Lycopene 6 mg
- Garlic oil 333 mcg (equivalent to 1 g fresh allium sativum bulb)
- Selenium (as selenomethionine) 26 mcg

Menevit is an antioxidant medication. Oxidative stress occurs in our bodies as a result of exposure to environmental factors such as smoking, alcohol consumption, pollution, pesticides and other chemicals, stress and/or trauma. Oxidative stress has a negative impact on sperm quality. Antioxidants counteract the reactive oxygen species (ROS) that cause oxidative stress, and so maintain optimal sperm health.

The levels of ingredients in **Menevit** are similar to those used in clinical trials that have shown positive effects on sperm numbers, sperm motility (ability to move spontaneously), morphology (anatomy), lipid peroxidation and DNA damage/fragmentation.

		Menevit CMI 12 May 2009
	Consumer Medicine Information	

Ask your doctor or pharmacist if you have any questions about whether this medicine is suitable for you.

This medicine is a General Sales Medicine and is available without a doctor's prescription, only from a pharmacy.

Before you use Menevit

When you must not use it

Do not use Menevit if you have an allergy to any of the active ingredients or any of the inactive ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include swelling of the parts of the body, difficulty breathing, rash, itching or hives on the skin.

Do not use Menevit after the use by (expiry) date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacy for disposal.

If you are not sure whether you should start using this medicine, talk to your doctor or pharmacist.

Before you start to use Menevit

See your doctor if you:

- have been actively trying to get pregnant for more than 12 months without success. However, you can still start to take Menevit in this case.

See your doctor if you are pregnant or breastfeeding.

Menevit is designed only for men to support sperm health. If you are pregnant or breast feeding, see your doctor or pharmacist for advice on supplements that are specifically designed for pregnant and breastfeeding women.

Menevit is not recommended for children under 15 years of age.

Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including any you have bought without a prescription from a pharmacy, supermarket or health food shop.

Some medicines and **Menevit** may interfere with each other. These include

- warfarin (Coumadin®, Marevan®) – a medicine to treat or prevent blood clots. The garlic and Vitamin E in Menevit may cause additional anti-coagulant effects in patients taking warfarin, and bleeding time may be increased. Thus, use of these two medicines in combination is not recommended. If you are already taking warfarin, see your doctor before starting Menevit.
- other foods or dietary supplements that contain selenium. Selenium can be toxic in high doses. A daily dose of selenium of not more than 100 micrograms is desirable, and a total dose of more than 150 micrograms per day should not be exceeded.

		<i>Menevit CMI</i> 12 May 2009
	Consumer Medicine Information	

These medicines may be affected by **Menevit** or may affect how well it works.

Your doctor or pharmacist can tell you what to do if you are taking any other medicines.

How to Use Menevit

Follow all directions given to you by your pharmacist or doctor carefully.
They may differ from the information contained in this leaflet.

If you do not understand the instructions below, or on the carton, ask your pharmacist or doctor for help.

How much to take

Take one Menevit capsule daily.

Do not exceed the recommended dose.

Preferably, to achieve optimal sperm health, you should start taking Menevit for at least 90 days before trying for pregnancy, as the sperm production cycle (spermatogenesis) takes 74 – 78 days. However, Menevit can be started at any time.

How to take it

Swallow Menevit capsules whole with half a glass of water.

Do not chew or break the capsules. Menevit soft capsules contain a thick liquid inside a soft capsule shell. Unlike hard capsules, the capsules do not open easily, and the contents will not empty from the shell. Furthermore, the garlic oil in Menevit is likely to have a very strong, unpleasant flavour.

When to take it

Take **Menevit** at about the same time each day. Keeping a regular time for taking **Menevit** will help to remind you to take it.

It is recommended that Menevit be taken with food, as taking medicines on an empty stomach may lead to nausea (feeling sick).

If you forget to take it

If you forget to take a dose, take it as soon as you remember, and then go back to taking it as you would normally.

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Do not take a double dose to make up for the dose that you missed.

If you have trouble remembering when to take your medicine, ask your pharmacist for some hints.

If you take too much (overdose)

		<i>Menevit CMI</i> 12 May 2009
	Consumer Medicine Information	

Telephone your doctor or the National Poisons and Hazardous Chemicals Information Centre Ph: 0800 POISON (0800 764 766) or go to the nearest Accident & Emergency department if you think that you or anyone else may have taken too much Menevit. Do this even if there are no signs of discomfort or poisoning.

You may need medical attention.

While you are using Menevit

Things you must do

Menevit will work best if you use it exactly as instructed on the pack or in this leaflet, or as your doctor has prescribed.

Tell all doctors, dentists and pharmacists who are treating you that you are taking **Menevit**.

Things to be careful of

Be careful driving or operating machinery until you know how **Menevit** affects you. However, Menevit is not expected to have any effect on your ability to drive or operate machinery.

Things that may help to improve sperm health

Some self help measures suggested below may help you to maintain optimal sperm health. Your doctor or pharmacist can give you more information about these measures.

- maintain a healthy weight – a health body mass index (below 29 kg/m²) is important for sperm health
- limit alcohol intake
- try to avoid smoking, including passive smoking
- avoid tight fitting underwear, taking hot baths and use of electric blankets – there is an associated between elevated testes temperature and reduced sperm health
- avoid chemicals at work and in the home
- avoid stress, take time to relax
- have regular sex every 2 or 3 days for optimal sperm health and numbers.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Menevit.

Menevit helps most people but it may have unwanted side effects in a few people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

Do not be alarmed by the following list of side effects. You may not experience any of them.

Ask your pharmacist or doctor to answer any questions you may have.

Tell your pharmacist or doctor if you notice any of the following and they worry you:

		<i>Menevit CMI</i> 12 May 2009
	Consumer Medicine Information	

- gastro-oesophageal reflux (indigestion, heartburn)
- garlic after-taste in the mouth
- constipation

These are the more common side effects of **Menevit**. They are usually mild.

This is not a complete list of all possible side effects. Others may also occur in some people and there may be some side effects not yet known.

Tell your doctor or pharmacist if you notice anything that is making you feel unwell, even if it is not on this list.

Ask your doctor or pharmacist if you don't understand anything on this list.

After using Menevit

Storage

Keep your Menevit capsules in the bottle until it is time to take them.

If you take **Menevit** capsules out of bottle they may not keep well.

Keep Menevit capsules in a cool, dry place where the temperature stays below 25°C.

Do not store them or any other medicine in the bathroom or near a sink. Do not leave them on a window sill or in the car.

Heat and dampness can destroy some medicines.

Keep it where young children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

If you to stop taking Menevit or the capsules have passed their expiry date, ask your pharmacist what to do with any capsules you have left over.

Product description

What Menevit looks like

Menevit capsules are brown oval-shaped soft capsules.

Ingredients

Each **Menevit** capsule contains the active ingredients:-

- Ascorbic acid (vitamin C) 100 mg
- Zinc (as zinc sulphate) 25 mg
- d-alpha-tocopherol (vitamin E) 400 IU
- Folic acid 500 mcg
- Lycopene 6 mg
- Garlic oil 333 mcg (equivalent to 1 g fresh allium sativum bulb)

		<i>Menevit CMI</i> 12 May 2009
	Consumer Medicine Information	

- Selenium (as selenomethionine) 26 mcg

Menevit also contains:

soya oil, lecithin, hydrogenated vegetable oil, yellow beeswax, carrageenan, sodium phosphate, hydroxypropyl starch, red iron oxide, black iron oxide, glycerol, purified water

Menevit capsules do not contain gluten, lactose or any products of animal origin.

Marketed by

Bayer New Zealand Limited
Consumer Care Business Group
3 Argus Place
North Shore 0627
AUCKLAND
Toll Free: 0800 847 874

www.menevit.co.nz

This leaflet was prepared on 12 May 2009.