

		<i>Elevit with Iodine CMI 25 August 2010</i>
	<b>Consumer Medicine Information</b>	

# **Elevit with Iodine<sup>®</sup>**

## **Vitamins and Minerals for Before, During and After Pregnancy**

### **Tablets, film-coated**

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#### **What is in this leaflet**

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This leaflet answers some common questions about ELEVIT with IODINE film-coated tablets.

It does not contain all the available information.

It does not take the place of talking to your pharmacist, midwife or doctor.

All medicines have risks and benefits. Your pharmacist, midwife or doctor can weigh the risks of taking ELEVIT with IODINE against the benefits expected for you.

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

**Keep this leaflet with the medicine.**

You may need to read it again.

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#### **What ELEVIT with IODINE is used for**

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ELEVIT with IODINE is a multivitamin and multimineral medicine especially designed to provide a balanced nutrient source for the unborn baby, the pregnant mother and breastfeeding women. ELEVIT with IODINE contains vitamins and minerals designed to prevent and treat vitamin and mineral deficiencies due to increased needs during pregnancy and breastfeeding (lactation). Specifically, ELEVIT with IODINE contains:-

- folic acid 0.8 mg
- iron 60.0 mg (as ferrous fumarate)
- iodine 250 µg (as potassium iodide)
- Vitamin B1 1.6 mg (as thiamine nitrate)
- Vitamin B2 1.8 mg (as riboflavine)
- Vitamin B5 10.0 mg (as calcium pantothenate)
- Vitamin B6 2.6 mg (as pyridoxine hydrochloride)
- Vitamin B12 4.0 µg (as cyanocobalamin)
- Vitamin C 100.0 mg (as calcium ascorbate)
- Vitamin D 12.5 µg (as Vitamin D3 - cholecalciferol)
- Vitamin E 15 mg (as dl – α – tocopherol acetate)
- biotin 200 µg
- nicotinamide 19.0 mg

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- calcium 125.0 mg (as calcium hydrogen phosphate, calcium pantothenate and calcium ascorbate)
- magnesium 100.0 mg (as magnesium oxide, magnesium hydrogen phosphate and magnesium stearate)
- manganese 1.0 mg (as manganese sulphate)
- copper 1.0 mg (as copper sulphate)
- phosphorus 125.0 mg (as magnesium hydrogen phosphate and calcium hydrogen phosphate)
- zinc 7.5 mg (as zinc sulphate)

ELEVIT with IODINE reduces the likelihood of having a baby born with defects of the brain and/or spinal cord (neural tube defects). Neural tube defects are a group of abnormalities caused by failure of the neural tube to close during the unborn baby's development. The most common neural tube defect is spina bifida, where part of the spinal cord shows through a gap in the backbone. Taken during pregnancy, ELEVIT with IODINE also assists in the development of the unborn baby's brain.

ELEVIT with IODINE is also used to prevent dietary vitamin and mineral deficiencies due to increased needs that may occur throughout pregnancy and breastfeeding. In particular, ELEVIT with IODINE can prevent dietary iron deficiency during pregnancy.

**Ask your pharmacist, midwife or doctor if you have any questions about taking ELEVIT with IODINE.**

This medicine is available only from a pharmacy.

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## **Before you take ELEVIT with IODINE**

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### ***When you must not take it***

**Do not take ELEVIT with IODINE if:**

1. **you have had an allergic reaction to ELEVIT with IODINE or any ingredients listed at the end of this leaflet.**  
Symptoms of an allergic reaction include swelling, itching, rash or breathing difficulties.
2. **you have kidney disease**
3. **you have excessive amounts of vitamin D, calcium or iron in your blood**
4. **your body cannot process copper or large amounts of iron**
5. **the package is torn or shows signs of tampering**
6. **the expiry date printed on the pack has passed.**  
If you take this medicine after the expiry date has passed, it may not work as well.

**If you are not sure if you should be taking ELEVIT with IODINE, talk to your pharmacist, midwife or doctor.**

**Do not give ELEVIT with IODINE to children. ELEVIT with IODINE is only for women who are trying to become pregnant, and those who are pregnant or breastfeeding.**

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### ***Before you start to take it***

You should consider the following before you start taking ELEVIT with IODINE. Talk to your pharmacist, midwife or doctor if you need more information:

**1. you are pregnant or plan to become pregnant**

ELEVIT with IODINE is intended for women that are pregnant or planning to become pregnant, and will help both you and the unborn baby to stay healthy.

**2. you are breastfeeding or plan to breastfeed**

ELEVIT with IODINE is intended for women who are breastfeeding, and can be taken during lactation to provide nutritional support at a time when the nutritional demands on the mother are high.

**3. you are taking other medicines or dietary supplements containing Vitamin D or iron**

Other medicines or dietary supplements that contain Vitamin D (also called cholecalciferol or ergocalciferol) or iron should not be taken while you are taking ELEVIT with IODINE.

**4. you are allergic to any other medicines, foods, dyes or preservatives.**

### ***Taking other medicines***

**Tell your pharmacist, midwife or doctor if you are taking any other medicines, including any that have been prescribed by your doctor or you have bought from a pharmacy, supermarket or health food shop.**

Some medicines may interfere with ELEVIT with IODINE. These medicines include:

- antacids – medicines that are used to treat heartburn and indigestion. Antacids may reduce the amount of iron your body absorbs from ELEVIT with IODINE. Antacids should be taken as far apart from ELEVIT with IODINE as possible (at least 3 hours is recommended).
- oral antibiotics or antivirals. If your doctor has prescribed these medicines for you, you should take ELEVIT with IODINE either two hours before or two hours after you have taken the other medicine.
- blood thinning medicines (anticoagulants) – tell your doctor you are taking ELEVIT with IODINE if you are taking blood thinning medicines.

Your pharmacist, midwife or doctor has more information on medicines to be careful with or avoid while taking ELEVIT with IODINE.

**Ask your pharmacist, midwife or doctor if you are not sure about this list of medicines.**

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## **How to take ELEVIT with IODINE**

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**Follow all directions given to you by your pharmacist, midwife or doctor carefully.**

They may differ from the information contained in this leaflet.

Otherwise, take ELEVIT with IODINE as described below.

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***How much to take***

The usual dose of ELEVIT with IODINE is one tablet daily. Do not exceed this recommended dose.

***How to take it***

**Swallow the tablets whole with a glass of water. Do not chew the tablets.**

ELEVIT with IODINE tablets have a breakline and can be broken in half, and each half taken separately, if you find that a whole tablet is too large.

***When to take it***

It does not matter if you take ELEVIT with IODINE with food or not.

If you have morning sickness, ELEVIT with IODINE can be taken at lunchtime or in the evening.

**Take your ELEVIT with IODINE at about the same time each day.**

Taking your medicine at the same time each day will have the best effect. It will also help you remember when to take your ELEVIT with IODINE.

***How long to take ELEVIT with IODINE***

ELEVIT with IODINE is recommended to be taken for at least one month before becoming pregnant, if you are trying to become pregnant, throughout the whole pregnancy and while you are breastfeeding your baby.

***If you forget to take it***

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

**Otherwise, take it as soon as you remember and then go back to taking it as you would normally.**

**If you are not sure what to do ask your pharmacist, midwife or doctor.**

**If you have trouble remembering your dose, ask your pharmacist for some hints.**

***In case of overdose***

**Immediately telephone your doctor or the National Poisons Information Centre (telephone 0800 POISON or 0800 764 766) for advice, or go to your nearest Accident and Emergency Centre, if you think you or anyone else may have taken too much ELEVIT with IODINE. Do this even if there are no signs of discomfort or poisoning.**

You may need medical attention.

**Keep telephone numbers for these places handy.**

**If you are not sure what to do, contact your pharmacist, midwife or doctor.**

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## **While you are taking ELEVIT with IODINE**

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### ***Things you must do***

**Tell all doctors, dentists, midwives and pharmacists who are treating you that you are taking ELEVIT with IODINE.**

**Tell your doctor that you are taking ELEVIT with IODINE if you are going to have any laboratory tests.**

### ***Things you must not do***

**It is best not to let yourself run out of medicine over the weekend or on holidays.**

**Do not use ELEVIT with IODINE to treat other complaints unless your doctor says to.**

### ***Things to be careful of***

**Be careful driving or operating machinery until you know how ELEVIT with IODINE affects you.**

However, ELEVIT with IODINE is not expected to affect your ability to drive a car or operate machinery.

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## **Side effects**

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**Tell your pharmacist, midwife or doctor as soon as possible if you do not feel well while you are taking ELEVIT with IODINE.**

ELEVIT with IODINE helps most people, but 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. There is a small chance you may need medical treatment if you get some of the side effects.

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

- constipation (difficulty emptying the bowels)
- diarrhoea
- the iron in ELEVIT with IODINE may cause your stools to become a black colour – however, this is not a cause for concern

These are the more common side effects of ELEVIT with IODINE. Mostly these are mild.

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

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

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**Ask your pharmacist, midwife or doctor if you don't understand anything in this list.**

Do not be alarmed by this list of possible side effects. You may not experience any of them.

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## **After taking ELEVIT with IODINE**

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### ***Storage***

**Keep your ELEVIT with IODINE tablets in the pack until it is time to take them.**

If you take them out of the pack they may not keep well.

**Keep ELEVIT with IODINE in a cool, dry place where the temperature stays below 25°C.**

**Do not store it, or any medicine, in a bathroom or near a sink.**

**Do not leave it in the car or on window sills.**

Heat and dampness can destroy some medicines

**Keep ELEVIT with IODINE 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 stop taking ELEVIT with IODINE, or the medicine has passed the expiry date, ask your pharmacist what to do with any ELEVIT with IODINE that is left over.**

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## **Product description**

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### ***Availability***

ELEVIT with IODINE film-coated tablets come in packs of 30 and 100.

### ***What ELEVIT with IODINE looks like***

ELEVIT with IODINE tablets are yellow-greyish, oblong film-coated tablets, engraved with a breakline.

### ***Ingredients***

#### **Active ingredients**

- thiamine nitrate
- riboflavine
- calcium pantothenate
- pyridoxine hydrochloride
- cyanocobalamin
- cholecalciferol
- dl- $\alpha$  - tocopherol

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- biotin
- nicotinamide
- folic acid
- calcium ascorbate
- calcium hydrogen phosphate
- iron fumarate
- potassium iodide
- magnesium oxide
- magnesium hydrogen phosphate
- magnesium stearate
- manganese sulphate
- copper sulphate
- zinc sulphate

### **Inactive ingredients**

Polyethylene glycol, sodium starch glycollate, glycerol distearate, gelatin, microcrystalline cellulose, povidone, crospovidone, lactose, mannitol, ethylcellulose, magnesium stearate, hypromellose, talc, titanium dioxide, yellow iron oxide.

### ***Distributor***

ELEVIT with IODINE is distributed by:

Bayer New Zealand Limited  
Consumer Care Business Group  
P O Box 2825  
Shortland Street  
Auckland 1140  
NEW ZEALAND

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[www.elevit.co.nz](http://www.elevit.co.nz)

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*Reference: Elevit with Iodine Data Sheet dated 5 August 2010.*