



**SPMC**  
**VITAMIN B COMPLEX TABLETS**

**PRESENTATION:**

**Vitamin B Complex Tablets:**

**Packs size-** 2000 tablets bulk

Yellow colored, flat beveled, circular tablet with “SPMC” letters on one side and score mark on the reverse.

Contains,

Thiamine Hydrochloride (Vit.B<sub>1</sub>) BP: 1mg  
Riboflavin (Vit. B<sub>2</sub>) BP : 1mg  
Nicotinamide BP (B<sub>3</sub>) : 10mg

**ACTIONS:**

Out of the constituents of Vitamin B Complex Tablets, Thiamine is an essential co-enzyme in carbohydrate Metabolism. Riboflavin is essential for the utilization of energy from food and is also necessary for the functioning of Pyridoxine and Nicotinamide. Nicotinamide is a precursor of certain co-enzymes, which are involved in electron transfer reactions in respiration chain.

**INDICATIONS;**

Vitamin B Complex Tablets may be used to treat: It is indicated in chronic alcoholism and alcohol associated syndromes. Vitamin B deficiency. The effects of a vitamin B deficiency can include: swelling of the tongue, mouth or

lips, swelling of nerves which can cause pain, tenderness or loss of function and the growth of new blood vessels in the eye which can affect vision. • The effects on the heart which occur in beri beri (a condition caused by vitamin B1 (thiamine) deficiency). • The effects on the skin which occur in pellagra (a condition caused by nicotinamide deficiency).

**DOSAGE AND ADMINISTRATION:**

Prophylactic dose: 1 or 2 tablets daily  
The recommended daily requirements are;  
Thiamine: 1- 2mg; Riboflavin: 2mg;  
Nicotinamide: 10 – 20mg.

**Children under 3 years not recommended.**

**SIDE EFFECTS:**

Generalized flushing, activation of peptic ulcers, abnormal liver function, dry skin, pruritus, hyperuricamea, headache, hypotension may occur.

**CONTRA-INDICATIONS:**

Hypersensitivity to Thiamine, Riboflavin or Nicotinamide.

**PREGNANCY AND BREAST-FEEDING:**

If you are pregnant particularly in the first three months, planning to become pregnant or are breast-feeding, speak to your doctor before taking this medicine.

**CAUTIONS:**

In case of jaundice, liver diseases and peptic ulcers Nicotinamide containing preparations should be used with caution.

Do not take Vitamin B Complex Tablets and tell your doctor if you: • are allergic (hypersensitive) to nicotinamide, riboflavin, thiamine mononitrate or any other ingredients in Vitamin B Complex Tablets.

**STORAGE;**

Keep tightly closed in a cool & dry place in a original container at a temperature not exceeding 30 °C.

**Keep all the medicines away from the reach of children**

**Manufactured by:**

*State Pharmaceutical Manufacturing Corporation,  
No. 11, Sir John Kotalawala Mawatha,  
Kandawala Estate, Ratmalana,  
Sri Lanka*