



VITA Vitamin E Forte 268 mg

Soft Capsules

To be taken by adults and children over 16 years

Active ingredient: RRR-alpha-tocopherol (vitamin E)

Read the entire information leaflet carefully before starting to take this medicinal product; it contains important information for you.

Always take this medicinal product exactly as described in this leaflet or exactly as prescribed by your doctor, pharmacist or medical specialist.

- Keep this information leaflet. You may want to reread it at a later date.
- Ask your pharmacist if you need any additional information or advice.
- Please inform your doctor or pharmacist or medical specialist if you notice side effects. This also applies to side-effects not stated in this leaflet. See section 4.
- Please consult a doctor if you do not feel better or even feel worse.

This information leaflet contains:

1. What is VITA Vitamin E forte 268 mg and what is it used for?
2. What must I be aware of before taking VITA Vitamin E forte 268 mg?
3. How should VITA Vitamin E forte 268 mg be taken?
4. What are the possible side effects?
5. How should VITA Vitamin E forte 268 mg be stored?
6. Pack contents and additional information

1. What is VITA Vitamin E forte 268 mg and what is it used for? To increase energy levels

Note: A lack of energy often has other reasons.

Consult a doctor in case of serious complaints and unsuccessful use.

2. What must I be aware of before taking VITA Vitamin E forte 268 mg?

VITA Vitamin E forte 268 mg must not be taken in the case of:

- If you are allergic to RRR alpha tocopherol (vitamin E), soya oil, say, peanut, or to any other components of this medicinal product stated in section 6.

Warning advice and precautions for application:

Please consult your doctor, pharmacist or medical specialist before taking VITA Vitamin E forte 268 mg.

Children and young people:

Vitamin E supplements with a lower proportion of active ingredients are available for children and young people under the age of 16.

Please note the following when taking VITA Vitamin E Forte 268 mg together with medicinal products:

Inform your doctor or pharmacist if you take, or have recently taken, or intend to take other medicinal products.

- When taking medication which has an effect against vitamin K (e.g. medication that inhibits blood coagulation), as well as
 - in the case of a deficiency in vitamin E and vitamin K, caused by insufficient absorption in the bowels, blood coagulation is to be carefully monitored, as individual cases have seen a serious reduction in vitamin K.
 - The effect of VITA Vitamin E Forte 268 mg can be reduced by taking medicinal products containing iron.
- Please note that this information also applies to medicinal products that have been taken recently.



When taking VITA Vitamin E forte 268 mg together with food and drink: no specific details known.

Pregnancy, lactation and reproductive capacity:

Please ask your doctor or pharmacist for advice if you are pregnant or are nursing, if you think you might be pregnant or intend to become pregnant.

RRR alpha tocopherol reaches the placenta. Until now, no damage has been recorded to an unborn child due to a higher intake of vitamin E. It is recommended that you take around 13 mg of vitamin E per day during pregnancy.

RRR alpha tocopherol reaches the breast milk. It is recommended that you take around 17 mg of vitamin E per day during lactation.

Possible effects on fertility after taking more vitamin E than the recommended daily dose have not yet been sufficiently researched.

Fitness to drive and operate machinery: No particular precautionary measures are necessary.

VITA Vitamin E forte 268 mg contains Sorbitol.

This medicinal product contains 27.17 mg sorbitol, solution 70 % per soft capsule.

If you suffer from any incompatibilities with certain sugars you must consult your doctor before you start taking VITA Vitamin E forte 268 mg.

3. How should VITA Vitamin E forte 268 mg be taken?

Always take this medicinal product exactly as described in this leaflet or exactly as prescribed by your doctor, pharmacist or medical specialist. Please consult your doctor, pharmacist or medical specialist if you are unsure.

The recommended dose is:

- for young people over 16 years of age with a body weight above 50 kg
- for adults with a body weight above 50 kg

1 to 2 soft capsules per day (corresponds with 268 to 536 mg RRR-alpha-Tocopherol).

How to take the medicine:

Swallow the soft capsules, unchewed, with sufficient liquid, ideally with a glass of water (200 ml).

How long to take the medicine for:

The period of use depends of the cause of the Vitamin E deficiency. Please consult your doctor for more information.

Please consult your doctor or pharmacist if you feel that VITA Vitamin E forte 268 mg is having too great or too little an effect.

What to do if you take too much VITA Vitamin E forte 268 mg:

There are no known dangerous illnesses associated with taking an overdose.

If you forget to take VITA Vitamin E forte 268 mg:

Do not take a double dose if you have forgotten to take the previous dose.

Continue taking the capsules as described in the dosage instructions.

Please consult your doctor or pharmacist or medical specialist if you have any further questions on taking this medicinal product.

4. What are the possible side effects?

As is the case with all medicinal products, this medicinal product can have side effects, but they do not necessarily affect everyone.

The following frequency data is taken as a basis for the assessment of side effects:

Very rare: can effect up to 1 in 10,000 patients.



Possible side effects:

Taking doses of more than 400 mg RRR-alpha-Tocopherol per day (corresponding with 2 soft capsules VITA Vitamin E forte 268 mg per day) over a long period can lead to a reduction in the thyroid hormone level in the blood.

In very rare cases, stomach and bowel problems can occur due to high doses at around 800 mg RRR-alpha-Tocopherol (corresponding with 3 soft capsules VITA Vitamin E forte 268 mg).

Soya oil can very rarely cause an allergic reaction.

Reporting side effects:

Please inform your doctor or pharmacist or medical specialist if you notice side effects. This also applies to side-effects not stated in this leaflet. You can also directly report side effects to:

Bundesinstitut für Arzneimittel und Medizinprodukte, Abt. Pharmakovigilanz, Kurt-Georg-Kiesinger Allee 3, D - 53175 Bonn, Germany. Website: <http://www.bfarm.de>

By reporting any side-effects, you can make a contribution towards more information being available on the safety of this medicinal product.

5. How should VITA Vitamin E forte 268 mg be stored?

Keep this medicine out of the reach of children!

Do not take this medicinal product if the "use by" date on the carton as well as on the blister pack has expired. The use by date relates to the last day of the month in question.

Storage conditions: keep in the outer packaging to protect the contents against light.

Never dispose of medicines in the wastewater (e.g. not in the toilet or sink). Ask your pharmacy how to dispose of the medicine when you are no longer using it. By doing so, you will help protect the environment. For more information, visit www.bfarm.de/arzneimittelentsorgung.

6. Pack contents and additional information

Contained in VITA Vitamin E forte 268 mg:

The active ingredient is: RRR-alpha-tocopherol (vitamin E)

1 soft capsule contains: 268.4 mg RRR-alpha-tocopherol.

The other ingredients are: gelatine, glycerol, sorbitol solution 70% (non-crystallising) (Ph.Eur.) and purified water and soy oil (Ph.Eur.).

What does VITA Vitamin E forte 268 mg look like and what is inside the packet:

VITA Vitamin E Forte 268 mg soft capsules are yellow and clear. They contain an oily solution.

The pack contains 180 soft capsules.

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For risks and side effects please read the information leaflet and consult your doctor or pharmacist.