

Inovit E[®]

Vitamin E capsule

Presentation

Inovit E[®] - 200: Each capsule contains Alpha Tocopheryl Acetate BP 200 mg.
Inovit E[®] - 400: Each capsule contains Alpha Tocopheryl Acetate BP 400 mg.

Description

Vitamin E, a fat soluble vitamin, is considered an essential nutritional element. As an antioxidant, it protects polyunsaturated fatty acids in cell membranes and other cellular structures from free radicals and protects red blood cells against haemolysis. It may also act as a cofactor in some enzyme systems. Administration of vitamin E completely eliminates the signs of vitamin E deficiency. Vitamin E is absorbed from gastrointestinal tract and requires presence of bile salts, dietary fat and normal pancreatic function for efficient absorption. It is metabolized in liver and excreted primarily in bile. Small amounts are excreted in urine.

Indications and uses

As a dietary supplement for prophylactic use:

- To meet raised requirements of vitamin E in pregnancy and lactation, high dietary intake of polyunsaturated fatty acids etc.
- For prevention of vitamin E deficiency due to malabsorption syndrome caused by pancreatic, hepatobiliary and gastrointestinal disorders.

Therapeutic use:

In cardiovascular disease, haemolytic anaemia due to vitamin E deficiency, skin conditions, nocturnal leg cramps, sexual dysfunction, premenstrual syndrome and fibrocystic disease of the breast.

Dosage & Administration

The daily intake of Inovit E (Vitamin E) in the range of 200 - 600 mg is considered safe. The recommended dose is one capsule once daily with or after meals or as prescribed by the physician.

Side effects

Vitamin E is usually well tolerated. Large doses (more than 400 mg/day) for prolonged period have been associated with a variety of less serious side effects including fatigue, weakness, headache, nausea, blurred vision, flatulence or diarrhoea.

Contraindications

There is no absolute contraindication except known hypersensitivity to vitamin E.

Precautions

It may increase the risk of thrombosis in some patients, such as those taking estrogens.

Use in Pregnancy & Lactation

Pregnancy: Vitamin E may be used in pregnancy in the normally recommended dose but the safety of high dose therapy has not been established.

Nursing Mother: Vitamin E is distributed in human breast milk; however, problems have not been documented with normally recommended dose.

Drug interaction

High dose of vitamin E can impair intestinal absorption of vitamin A & K, and may increase the effects of oral anticoagulants.

Overdosage

Large doses of vitamin E (more than 1 gm/day) have been reported to increase bleeding tendency in vitamin K deficient patients such as those taking oral anticoagulants.

Commercial pack

Inovit E[®] - 200: Each box contains 3 blister strips of 10 capsules.
Inovit E[®] - 400: Each box contains 3 blister strips of 10 capsules.

Manufactured by



Incepta Pharmaceuticals Ltd.

Dhaka, Bangladesh

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