PATIENT INFORMATION LEAFLET

Forceval Junior Capsules

Read all of this leaflet carefully because it contains important information for you or your child.
Please note this leaflet has been written as if it will be read by patients, any parents/carers using it should read “your child” where the term “you” or “your” Is used.
This medicine is available without prescription. However, you still need to take Forceval Junior Capsules carefully to get the best results from them.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor, dietician or pharmacist if your symptoms worsen or do not improve.
- If any of the side effects gets serious, or if you notice any side effect not listed in this leaflet, please tell your doctor, dietician or pharmacist.

The information in this leaflet has been divided into the following sections:

1. **What Forceval Junior Capsules are and what they are taken for**
2. **Check before you take Forceval Junior Capsules**
3. **How to take Forceval Junior Capsules**
4. **Possible side effects**
5. **How to store Forceval Junior Capsules**
6. **Further information**

1. What Forceval Junior Capsules are and what they are taken for

Forceval Junior Capsules are a multivitamin and mineral supplement. They contain a combination of 22 essential vitamins, minerals and trace elements.

The human body requires a wide variety of vitamins, minerals and trace elements to perform crucial daily tasks such as releasing energy from food and repairing cell damage. During certain illnesses, your body either cannot get or cannot efficiently use all of the vitamins, minerals and trace elements it needs.

Your doctor, dietician or pharmacist will give you Forceval Junior Capsules if your diet has not provided you with enough vitamins, minerals and trace elements.

Each capsule contains the following 22 essential vitamins, minerals and trace elements, each of which plays a vital role in the efficient daily maintenance of many body processes:

There are 13 vitamins in Forceval Junior Capsules:

Vitamin A (as β-Carotene)….....1250 iu
(Retinol Equivalent) (375 micrograms)
Vitamin D_2...…….....200 iu (5 micrograms)
Vitamin B_1 (Thiamin)..……..……1.5 mg
Vitamin B_2 (Riboflavin)….…….....1.0 mg
Vitamin B_6 (Pyridoxine)..……..1.0 mg
Vitamin B_{12}…….2.0 micrograms
Vitamin C…….…….....25 mg
Vitamin E……..…….....5 mg
Vitamin K_1……25 micrograms
Biotin……..……..50 micrograms
Nicotinamide…….……7.5 mg
Pantothenic acid…..……...……....2 mg
Folic acid…..……..…...…...100 micrograms

There are 9 minerals and trace elements in Forceval Junior Capsules:

Iron…….……..…5 mg
Copper…….……1 mg
Magnesium…….……1 mg
Zinc…….…….....5 mg
Iodine…….....75 micrograms
Manganese……1.25 mg
Selenium……25 micrograms
Chromium…...…..50 micrograms
Molybdenum….....50 micrograms

The functions of the vitamins found in Forceval Junior Capsules are:[1,2,3,4]

Vitamin A (β-Carotene)	Is essential for growth, maintenance of skin and mucous membranes such as the linings of the mouth, nose, lungs, digestive system, colon and for vision, particularly at night
Vitamin D_2	Vitamin D_2 helps the body absorb calcium, potassium and phosphorous, all of which are vital for healthy bones and teeth
Vitamin B_1 (Thiamin)	Is involved in the proper functioning of the heart muscles and for the release of energy from protein, fat and carbohydrate, needed for growth, normal appetite and digestion. Thiamin has also been shown to play a vital role in the normal functioning of the nervous system
Vitamin B_2 (Riboflavin)	Vitamin B_2 plays a key role in energy metabolism, and is required for the metabolism of fats, carbohydrates, and proteins
Vitamin B_6 (Pyridoxine)	Vitamin B_6 helps protein metabolism, along with the maintenance of the nervous and immune systems
Vitamin B_{12}	Vitamin B_{12} is often called the 'red vitamin' because it is required for regulating blood cells
Vitamin C	Vitamin C is an essential vitamin that plays an important role in maintaining the health of our cells, blood vessels and our resistance to infection. Vitamin C also helps bones, teeth, gums, skin and assists the absorption of iron from the blood

Vitamin E	Vitamin E is a highly effective antioxidant, helping to protect the body from the effects of free radicals. It also helps to maintain healthy skin and blood cells
Vitamin K_1	Vitamin K is essential for blood clotting
Biotin	Biotin is needed for normal growth and development of the skin and hair, the maintenance of a healthy nervous system and the healthy functioning of bone marrow
Nicotinamide	Nicotinamide (also known as Vitamin B_3) is essential for a healthy nervous system
Pantothenic acid	Pantothenic acid plays a vital role in the process of releasing energy from foods, the role of fat metabolism and the provision of the immune system with antibodies
Folic acid	Folic acid is required to regulate the growth of cells including red blood cells and protein synthesis.

The main functions of the minerals and trace elements are: [1,2,3,4]

Iron	Iron forms part of red blood cells which carry oxygen round the body
Copper	Is required for growth and forms part of enzymes involved in blood and bone formation
Magnesium	Magnesium is essential for the formation of bones and teeth, and for the release of energy from food
Zinc	Zinc is required for growth and cell function, bone metabolism, taste, insulin production and the body's immune system which fights infection
Iodine	Involved in the functioning of the thyroid gland which regulates many of the metabolic processes of the body
Manganese	Manganese helps the body to utilise calcium and potassium and maintain the structure of cells
Selenium	Selenium helps to protect the cells and lipids from free radical damage
Chromium	Helps the body to use glucose by its action on insulin
Molybdenum	Is involved in the enzyme processes for protein metabolism.

2. Check before you take Forceval Junior Capsules

Do not take Forceval Junior Capsules :

- if you are allergic (hypersensitive) to any of the ingredients of Forceval Junior Capsules (see Section 6 Further information)
- if you suffer from iron storage disorders such as bronzed diabetes (haemochromatosis).

Do not give Forceval Junior Capsules to children aged under 5.

Take special care with Forceval Junior Capsules
Before you take Forceval Junior Capsules tell your doctor, dietician or pharmacist if:

- you are taking any other vitamin or mineral supplement
- you are pregnant or thinking of becoming pregnant
- you are a smoker
- you have an asbestos related illness such as asbestosis.

If any of the above applies to you, or if you are not sure, speak to your doctor or pharmacist before taking Forceval Junior Capsules.

Taking other medicines
Tell your doctor if you are taking or have recently taken/used any of the following medicines as they may interfere with Forceval Junior Capsules:

- Anticoagulants such as warfarin or nicoumalone (used to prevent blood from clotting)
- Phenytoin (used to treat epilepsy)
- Tetracycline antibiotics (used to treat infections) such as doxycycline and minocycline.

Please tell your doctor if you are taking or have recently taken/used any other medicines including other vitamin or mineral products obtained without a prescription.

Pregnancy and breast-feeding

Forceval Junior Capsules contain Vitamin A, check with your doctor, dietician or pharmacist for advice before taking this medicine during pregnancy.

Check with your doctor or pharmacist for advice before taking this medicine whilst breast-feeding.

Important information about some of the ingredients of Forceval Junior Capsules
Forceval Junior Capsules contain soya bean oil. If you are allergic to peanut or soya, do not take this medicinal product.

Forceval Junior Capsules contain iron, an overdose could be fatal in children under 12 years.

Forceval Junior Capsules contain sorbitol. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

3. How to take Forceval Junior Capsules

Children 5 years and over: Two capsules per day or as prescribed by the doctor. The capsules should be swallowed whole with a glass of water.

Adults and elderly: Not recommended.

Do not take Forceval Junior Capsules on an empty stomach.

What to do if anyone takes more Forceval Junior Capsules than they should
If you (or someone else) accidentally takes too many tablets, you should tell your doctor at once or contact the nearest accident and emergency department. Show any left over medicines or the empty packet to the doctor.

If you forget to take Forceval Junior Capsules
Do not worry. If you forget to take a dose, take it as soon as possible, unless it is almost time to take the next dose (within 1-2 hours). Do not take a double dose. Then go on as before.

4. Possible side effects

No side effects of Forceval Junior Capsules have been reported.

If you have noticed any side effects which you feel may have been caused by Forceval Junior Capsules, stop taking the capsules and contact your doctor or pharmacist.

5. How to store Forceval Junior Capsules

Keep out of the reach and sight of children.

Do not give Forceval Junior Capsules after the expiry date which is stated on the carton. The expiry date refers to the last day of that month after EXP.

Do not store above 25ºC. Keep the blister in the outer carton in order to protect from light.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist on how to dispose of medicines no longer required. These measures will help protect the environment.

6. Further information

What is in Forceval Junior Capsules?
The active ingredients in this medicine are: Vitamin A (as β-Carotene), Vitamin D_2, Vitamin B_1, Vitamin B_2, Vitamin B_6, Vitamin B_{12}, Vitamin C, Vitamin E, Vitamin K_1, Biotin, Nicotinamide, Pantothenic acid, Folic acid, Iron, Copper, Magnesium, Zinc, Iodine, Manganese, Selenium, Chromium, Molybdenum.
The other ingredients are Soya Bean Oil, Soya Lecithin, Hard Vegetable Fat (Biscuitine 621), Purified Water, Gelatin, Glycerine, Black Iron Oxide Pigment (E172), Red Iron Oxide Pigment (E172) and Sorbitol Solution 70% (E420).

What Forceval Junior Capsules look like and contents of the pack
Forceval Junior Capsules are small, brown, oval-shaped soft gelatin capsules numbered "571" in white on one side. They come in cartons containing 30 or 60 capsules.

Marketing Authorisation Holder and Manufacturer
The product licence holder is: Alliance Pharmaceuticals Ltd, Avonbridge House, Chippenham, Wiltshire, SN15 2BB, UK.

Forceval Junior Capsules are manufactured by: TD Packaging Ltd, Stephenson Road, Groundwell Industrial Estate, Swindon, Wiltshire SN25 5AX, UK.

The information in this leaflet applies only to Forceval Junior Capsules. If you have any questions or you are not sure about anything, ask your doctor.

This leaflet was last approved on: 23rd May 2008

REFERENCES
1) Dietary Reference Values for Food Energy and Nutrients for the United Kingdom (1991), H.M.S.O

2) Recommended Dietary Allowances 10th edition, (1989), Subcommittee on the 10th edition of RDA's. Food and Nutrition Board Commission of Life Sciences. National Research Committee

3) Manual of Nutritional Therapeutics (1983). David H. Alpers, Ray E. Clouse, William F. Stenson, Fourth Printing December 1986.

4) The Pharmacological basis of Therapeutics, 7th Edition (1985), Goodman and Gilman.

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