

Tocolife 400 IU capsules

Vitamin E (DL-alpha tocopheryl acetate) 400 IU capsules



PROLIFE
P H A R M A

- Read all of this leaflet carefully before you start using Tocolife.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This product has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist

In this leaflet:

1. What Tocolife is and what it is used for
2. What you need to know before you take Tocolife
3. How to take Tocolife
4. Possible side effects
5. How to store Tocolife
6. Contents of the pack and other information

1. WHAT TOCOLIFE IS AND WHAT IT IS USED FOR

Tocolife contains Vitamin E in the form of DL-alpha-tocopheryl acetate, which is a man-made form of Vitamin E and the most active among all tocopherols. Vitamin E supplements are mostly used to treat or prevent vitamin E deficiency.

Vitamin E is a natural, lipid-soluble vitamin of vegetable origin (such as nuts, seeds, leafy green vegetables, eggs, milk...). Vitamin E has an antioxidant effect as it inhibits the oxidation of unsaturated fatty acids and thus supports the protection of the body's cells against oxidative stress. Although the exact role of vitamin E has not yet been worked out, it is known to also play an important part in metabolism

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE TOCOLIFE

Do not take Tocolife if:

- You are allergic to Vitamin E or any other ingredients of Tocolife (listed in section 6).
- You are having other vitamin supplements containing Vitamin E

Warnings and precautions

Talk to your doctor or pharmacist before taking Tocolife if:

- You have a bleeding condition caused by lack of vitamin K.
- You are taking medicines to thin your blood (anticoagulants).
- You are taking an oral contraceptive pill.
- You have ever had a thrombosis

If you need medical treatment of surgery whilst taking Tocolife, remember to tell the doctor or dentist treating you that you are taking this product.

Other medicines and Tocolife

Tell your doctor or pharmacist if you are taking, have recently taken or might take any medicines, including oral contraceptives, anticoagulants and any medicines obtained without a prescription. Your dosage may need to be adjusted.

Pregnancy and breast-feeding

If you are pregnant or breast-feeding, or think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this product. The effects of high doses of Vitamin E during pregnancy and breast-feeding are not known. Consequently, Tocolife is not recommended during pregnancy and breast-feeding.

3. HOW TO TAKE TOCOLIFE

Always take Tocolife exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Dosage

1 capsule daily (unless otherwise advised by your doctor or pharmacist).

Do not exceed the recommended daily dosage.

Do not chew the capsule but swallow it whole, preferably during/after a meal.

Free from alcohol, artificial colors and gluten

The dosage is meant to match the highest European standards and recommendations. Therefore, the recommended daily intake indicated may not be exceeded. Dietary supplements should not replace a varied diet. A healthy lifestyle and a varied balanced diet is important for maintaining good health.

If you take more Tocolife than you should

If you may have taken more Tocolife than you should, talk to your doctor or pharmacist immediately. If you take an excessive amount of this product, there's a risk at a vitamin E overdose, although it's unlikely to cause any serious harm. Some symptoms of overdose are abdominal pain, nausea, diarrhoea, headache, tiredness, blurred vision, internal bleeding due to reduced blood coagulation. If you experience one of these symptoms after taking too much Tocolife, talk to your doctor immediately or go to the nearest hospital.

If you forget to take Tocolife

If you miss a dose of Tocolife, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once.

4. POSSIBLE SIDE EFFECTS

Like all supplements, Tocolife can cause side effects, although not everybody gets them. If you feel ill after using Tocolife, or you notice any unusual or unexpected symptoms, talk to your doctor, pharmacist or nurse or go to the nearest hospital.

The following common side effects have been reported:

- Diarrhoea
- Headache
- Dizziness
- Unusual weakness or tired feeling
- Stomach cramps
- Easy bruising or bleeding (nose bleeds, bleeding gums)

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

5. HOW TO STORE TOCOLIFE

Keep Tocolife out of the reach of children.

Do not use Tocolife after the expiry date which is printed on the carton and the label. The expiry date refers to the last day of the month.

Store at room temperature away from moisture and heat. Do not store Tocolife above 25°C. Do not freeze.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away food supplements you no longer use. These measures will help to protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Tocolife capsules contains:

Tocolife capsules are transparent soft gelatin capsules containing pale yellow oil.

Tocolife is available in the following pack sizes: 2x 15 caps

The active ingredients:

Tocolife capsules Vitamin E capsules	<i>Per capsule</i>
Vitamin E	400 IU

DL-alpha-tocopheryl acetate (Vitamin E)

Other ingredients:

Coating agent: Gelatin, Glycerol, carrier: sunflower oil.