

# Tocomegalife capsules

Omega-3 fatty acids and vitamin E capsules



**PROLIFE**  
P H A R M A

- Read all of this leaflet carefully before you start using Tocomegalife.
- 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

- You are allergic to fish or shellfish, as this product is made with deodorized fish oil.
- You are having other vitamin supplements.

### Warnings and precautions

Talk to your doctor or pharmacist before taking Tocomegalife 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
- You are due to have or have had surgery recently
- you have had a trauma recently
- you have a kidney problem
- you have diabetes which is not controlled
- you have/have had problems with your liver. Your doctor will monitor any effects Tocomegalife may have on your liver with blood tests

### In this leaflet:

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

## 1. WHAT TOCOMEHALIFE IS AND WHAT IT IS USED FOR

Tocomegalife contains a combination of Vitamin E and omega-3 fatty acids: docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Vitamin E is present in a man-made form (DL-alpha-tocopheryl acetate) which is the most active among all tocopherols. Furthermore, Tocomegalife contains DHA and EPA essential fatty acids obtained from deodorized fish oil.

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. Vitamin E supplements are mostly used to treat or prevent vitamin E deficiency.

Omega-3 fatty acids are essential fatty acids which means your body can't produce them and they need to be provided by your diet. It is recommended to add DHA and EPA containing foods to your daily routine (foods high in omega-3 fatty acids include fish, vegetable oils and nuts).

Their benefits range from maintaining normal brain function and eye function throughout life to contributing to cardiovascular health. Tocomegalife provides an adequate supplement of DHA and EPA and vitamin E. It is made with fish oil, rich in omega-3 polyunsaturated fatty acids DHA and EPA, provided as capsules so that the typical fishy fragrance and taste is neutralized.

## 2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE TOCOMEHALIFE

### Do not take Tocomegalife if:

- You are allergic to Vitamin E or any other ingredients of Tocomegalife (listed in section 6).

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

### Other medicines and Tocomegalife

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, Tocomegalife is not recommended during pregnancy and breast-feeding.

## 3. HOW TO TAKE TOCOMEHALIFE

Always take Tocomegalife 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 Tocomegalife than you should***

If you may have taken more Tocomegalife 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 Tocomegalife, talk to your doctor immediately or go to the nearest hospital.

### ***If you forget to take Tocomegalife***

If you miss a dose of Tocomegalife, 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, Tocomegalife can cause side effects, although not everybody gets them. Some omega-3 fatty acids side effects may not medical attention. As your body gets used to the product, these side effects may disappear. For example, when you take Tocomegalife with food, it may help reduce the gastro-intestinal side effects you are experiencing. But do check with your health care professional if any of the following side effects continue, or if you are concerned about them.

The following common side effects have been reported:

- Diarrhoea
- Nausea
- Burping
- Change in taste
- Loss of taste
- Bad breath
- Heartburn
- rash
- Headache
- Dizziness
- Unusual weakness or tired feeling
- Stomach cramps, mild stomach pain
- Bloating feeling
- 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 TOCOMEHALIFE**

### **Keep Tocomegalife out of the reach of children.**

Do not use Tocomegalife 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 Tocomegalife 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 Tocomegalife capsules contains:***

Tocomegalife capsules are transparent soft gelatin capsules containing pale amber/yellow oil.

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

### ACTIVE INGREDIENTS:

<b>Tocomegalife capsules</b> Vitamin E & Omega-3 fatty acids capsules	Per capsule
Fish oil with Omega-3 fatty acids :	500 mg
EPA	18%
DHA	12%
Vitamin E	400 IU

Deodorized fish oil (containing EPA and DHA), DL-alpha-tocopheryl acetate (Vitamin E)

### ***Other ingredients:***

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