

# **Pharmaton Capsules (Panax ginseng G115<sup>®</sup>, vitamins, minerals)**

## **FAQs**

What should Pharmaton Capsules be taken for?

Pharmaton Capsules are a multivitamin, mineral and ginseng supplement for:

- Relief of daily fatigue associated with a busy, hectic lifestyle. Symptoms of daily fatigue include temporary periods of exhaustion (for example caused by stress), tiredness and a feeling of weakness or lack of vitality.
- Ill-balanced or deficient nutrition, where needed to prevent or treat symptoms of vitamin and mineral deficiency.

What are the dosing recommendations for Pharmaton Capsules?

Adults (18 years and above): Take one capsule per day and swallow it whole with water. It is preferable to take the capsule in the morning with food.

How long can Pharmaton Capsules be taken for?

The capsules are recommended for 4 weeks. If symptoms have not shown improvement, you should consult your doctor.

If, after 4 weeks treatment, there is an improvement in symptoms, the capsules may be taken for up to 12 weeks.

If you wish to continue taking Pharmaton Capsules for longer than 12 weeks, you should speak to your doctor. As long term fatigue can be associated with other health problems, your doctor may wish to investigate your symptoms further.

Can Pharmaton Capsules be taken by children/adolescents?

No. Pharmaton Capsules are suitable for adult men and women (above 18 years) but not for children.

Can Pharmaton Capsules be taken during pregnancy or while breastfeeding?

No, Pharmaton Capsules should not be taken during pregnancy or breastfeeding.

Pharmaton Capsules contain Vitamin A. You should not take Pharmaton Capsules if you are pregnant or likely to become pregnant as large doses of vitamin A may harm your baby, especially if used during the first three months of pregnancy.

How do Pharmaton Capsules work?

Pharmaton Capsules exert a stimulant effect at physical and psychic levels through Panax ginseng G115<sup>®</sup>, which works by enhancing mental and physical performance and through the combined action of vitamins and minerals on the basic metabolic processes.

How quickly do Pharmaton Capsules start to work?

Pharmaton Capsules are formulated to gradually build and sustain energy levels. In states of exhaustion (e.g. caused by stress), clinical trials have shown that improvement usually starts within 4 weeks of treatment.

We therefore recommend you start by taking Pharmaton Capsules for 4 weeks. If symptoms have not shown any improvement within 4 weeks, you should consult a doctor.

What are the active ingredients in Pharmaton Capsules?

Panax ginseng extract G115<sup>®</sup>, Vitamin A, Vitamin B1 (thiamine), Vitamin B2 (riboflavin), Vitamin B3 (nicotinamide), Vitamin B6 (pyridoxine), Vitamin B7 (biotin), Vitamin B12 (cyanocobalamin), Vitamin C (ascorbic acid), Vitamin D3 (cholecalciferol), Vitamin E, folic acid, copper, selenium, magnesium, iron, zinc, calcium, lecithin.

Are Pharmaton Capsules suitable for vegetarians?

No, Pharmaton Capsules contain gelatin both inside the capsule and as part of the capsule shell.

The capsule shell is gelatin which is derived from pork. The capsules contain gelatin powder as a carrier for vitamin B12, which is derived from beef.

Do Pharmaton Capsules contain sugar? Are they suitable for patients with diabetes?

Pharmaton Capsules do not contain sucrose. Therefore we cannot foresee any problems for diabetic patients. However, we recommend patients with diabetes to consult their doctor before taking this product.

Do Pharmaton Capsules contain peanuts?

Pharmaton Capsules contain peanut oil (arachis oil) and is therefore not suitable for consumers with a peanut allergy.

As there is a possible relationship between allergy to peanut and allergy to soya, people with soya allergy should also avoid Pharmaton Capsules.

**Pharmaton Active Life caplets** do not contain any ingredients originating from peanuts. They could therefore be taken by those with a peanut allergy

Do Pharmaton Capsules contain lactose?

Yes. Pharmaton Capsules contain a small amount of lactose (26mg per capsule). People with rare hereditary problems of galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption should not take this medicine.

Do Pharmaton Capsules contain gluten or wheat?

No. Pharmaton Capsules do not contain gluten or wheat. They are therefore suitable for people with coeliac disease or gluten intolerance.

Do Pharmaton Capsules interact with other medications?

Patients receiving any other medication or those under the care of a doctor should consult a physician before taking this product.

Pharmaton Capsules are contraindicated (must not be taken) in patients currently on:

- Vitamin A derivatives (retinoids) (prescribed for acne)
- Vitamin D treatment

Pharmaton Capsules are known to interact with the following medicines:

- Oral anticoagulants (blood thinners) such as warfarin. Patients on oral blood thinning medication should seek medical advice before taking Pharmaton Capsules. Ginseng may reduce the effect of warfarin (or other coumarin anticoagulants). Patients taking warfarin (or other coumarin anticoagulants) should have increased monitoring of their INR levels when starting or stopping treatment with ginseng containing products.
- Levodopa. Patients on levodopa should seek medical advice before taking Pharmaton Capsules. Vitamin B6 may increase the peripheral metabolism of levodopa thereby reducing the therapeutic efficacy in patients with Parkinson's disease.
- Tetracycline antibiotics such as tetracycline, doxycycline, minocycline. Patients on tetracycline antibiotics should seek medical advice before taking Pharmaton Capsules. Iron interacts with tetracycline antibiotics.
- Antihypertensives (medication to lower blood pressure). Ginseng may potentiate the action of antihypertensives.
- Depressants or stimulants which act on the central nervous system (CNS)

Can Pharmaton Capsules be taken by athletes?

Yes, Pharmaton Capsules have been tested and declared free from any doping substance, according to the guidelines of the International Olympic Committee (IOC).

In addition, none of the ingredients contained in Pharmaton Capsules are prohibited substances according to the World Anti-Doping Code 2016 Prohibited List (International Standard).

Can patients with kidney (renal) impairment take Pharmaton Capsules?

No, Pharmaton Capsules are contraindicated (must not be used) in patients with renal insufficiency.

What is the difference between Pharmaton Capsules and Pharmaton Active Life caplets?

Pharmaton Capsules are specifically formulated for the relief of short periods of daily fatigue, and are clinically proven to relieve tiredness and lack of energy. Pharmaton Capsules are a licensed medicine, which should be taken for up to 12 week periods, unless recommended otherwise by your doctor. Pharmaton Capsules enhance mental and physical capacity when tired and are suitable for adult men and women (18 years and above) but not for children.

Pharmaton Active Life caplets are for healthy individuals and are formulated to help sustain energy levels when taken every day. Pharmaton Active Life caplets are a food supplement and can be taken every day, along with a balanced diet, to help maintain health. Pharmaton Active Life caplets are suitable for use in adolescents (12+) and adults.