

## Instructions for use

# Renavit<sup>®</sup> coated tablets

Please read this leaflet carefully as it contains important information on the use of this preparation.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, pharmacist or Renal dietitian

### In this leaflet:

1. What Renavit<sup>®</sup> is and what it is used for
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3. How to take Renavit<sup>®</sup>
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### 1. WHAT RENAVIT<sup>®</sup> IS AND WHAT IT IS USED FOR

Renavit<sup>®</sup> is a multivitamin supplement for the dietary management of water soluble vitamin deficiency in renal failure patients receiving dialysis.

### 2. BEFORE YOU TAKE RENAVIT<sup>®</sup>

Do not take Renavit<sup>®</sup> if you are allergic (hypersensitive) to any of the ingredients of Renavit<sup>®</sup> (see list in section 6. Further information)

### 3. HOW TO TAKE RENAVIT<sup>®</sup>

#### Dosage

Always take Renavit<sup>®</sup> exactly as your doctor has told you to. You should check with your doctor or pharmacist if you are not sure. The usual dose is one tablet daily, swallowed whole (not chewed) with a little fluid.

#### If you take more Renavit<sup>®</sup> than you should

Ask the advice of your doctor or pharmacist.

#### If you forget to take Renavit<sup>®</sup>

You may take the dose later on during the same day. Do not take a double dose to make up for a forgotten dose.

### 4. POSSIBLE SIDE EFFECTS

There are usually no undesirable effects after taking Renavit<sup>®</sup>. If you do notice any unexpected effects, stop taking the tablets and tell your doctor or pharmacist.

### 5. HOW TO STORE RENAVIT<sup>®</sup>

Keep out of the reach and sight of children. Store in a dry place protected from light and not above room temperature (25° C).

Do not use Renavit<sup>®</sup> after the expiry date which is stated on the box after best before: and also imprinted on the white side of each blister of tablets.

The expiry date refers to the last day of that month.

### 6. FURTHER INFORMATION

#### What Renavit<sup>®</sup> contains

#### Vitamin content per tablet:

Vitamin B1	3.0mg
Vitamin B2	1.7mg
Vitamin B6	10.0mg
Vitamin B12	6.0µg
Vitamin C	120.0mg
Biotin	60.0µg
Folic acid	1.0mg
Nicotinamide	20.0mg
Pantothenic acid	10.0mg

#### Ingredients:

Ingredients (per 100g coated tablets): 26.7g ascorbic acid, 4.7g nicotinamide, 2.8g pyridoxine, 2.4g calcium pantothenate, 860mg thiamin nitrate, 400mg riboflavin, 233mg folic acid, 10mg biotin, 1.0mg cyanocobalamin. Other ingredients: talkum powder; saccharose; **lactose**monohydrate; cornstarch; cellulose powder; colours titanium dioxide, cochénille red A, beetroot-powder (maltodextrine, concentrate of beetroot juice, citric acid); silicon dioxide; magnesium salt of fatty acids; hydroxypropylmethylcellulose; gum arabic; palm oil (total hydrogenated); glucose syrup; gelatine; calcium carbonate; mikrokrystalline cellulose; fatty acids.

**Vitamins in chronic renal failure**

Patients with chronic renal failure frequently suffer from lack of water soluble vitamins. Dialysis patients may require regular supplementation of water-soluble vitamins because;

- They commonly show a reduced supply of water soluble vitamins. Reasons for this include potassium-related dietetic restrictions (fruit, vegetables), as well as severe vitamin losses during meal preparation (e.g. soaking of potassium rich food).
- Large quantities of water-soluble vitamins are lost during dialysis treatment.
- Vitamin requirements are increased due to stress upon the metabolism.

**Importance of vitamin supplementation**

Vitamins are natural food ingredients. They are nutrients as well as protective and active agents. Vitamins are essential substances which do not deliver energy; however, they must be supplied by the food for health and growth.

The effects of the B-vitamins and vitamin C are closely tied to each other in carbohydrate and amino acid metabolism. Even the lack of a single vitamin can lead to an increased proneness to infection or reduced efficiency.

**Important advice**

Renavit® is not a complete food and should not be used as the sole source of nutrition.

Use only under medical supervision.

If you have any further questions on the use of this product, ask your doctor, Pharmacist or renal dietitian.

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**Manufacturer:**

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