

# Formula<sup>®</sup> E

Vitamin E Tablet

## Description

Formula E (Vitamin E) is a crackable tablet with chocolate taste.

## Indications

*As a dietary supplement and for prophylactic use :*

- ◆ To meet raised requirements (e.g., pregnancy and lactation period, high dietary intake of polyunsaturated fatty acids etc).
- ◆ For prevention of vitamin E deficiency due to malabsorption syndromes caused by pancreatic, hepatobiliary and gastrointestinal disorders.

*Therapeutic use :*

- ◆ Haemolytic anaemia due to vitamin E deficiency (in premature infants).
- ◆ Intermittent claudication.

Also Formula E has been found to be effective in preventing and alleviating the symptoms of the following conditions :

*In internal medicine :* Thromboangiitis obliterans, varicose ulcers, myocardial insufficiency, fibrositis, Dupuytren's contracture, Peyronie's disease, male infertility, dyslipoproteinaemia with low HDL cholesterol and high LDL cholesterol.

*In gynaecology and obstetrics :* Habitual abortion, tendency to premature delivery, habitual stillbirth, threatened abortion, menopausal disorders, pruritus vulvae, kraurosis vulvae.

*In dermatology:* Lupus erythematosus, granuloma annulare, acrodermatosis, atrophicans progressiva, scleroderma.

## Dosage and Administration

Dosage varies according to individual's need. The following dosages are recommended in different indications.

As a supplement or prophylactic use :

- ◆ Increased requirements : 100 - 300 mg daily
- ◆ Malabsorption syndromes : 100 - 300 mg daily
- ◆ Haemolytic anaemia in premature infants : 100 - 200 mg/kg body weight
- ◆ Intermittent claudication : 300 - 600 mg daily.

Other indications and dosages are the following :

- ◆ Thromboangiitis obliterans, varicose ulcers, myocardial insufficiency : 300-600 mg daily
- ◆ Fibrositis, Dupuytren's contracture, Peyronie's disease, dyslipoproteinaemia with low HDL cholesterol and high LDL cholesterol : 200 - 300 mg daily
- ◆ Male infertility : 100 - 200 mg daily
- ◆ Habitual abortion, tendency to premature delivery, habitual stillbirth : 100 mg daily from the beginning of pregnancy as a prophylaxis, with hormone therapy if required
- ◆ Threatened abortion : 100 mg every 6 hours until the crisis is over
- ◆ Menopausal disorders, pruritus vulvae, kraurosis vulvae : 100-200 mg daily
- ◆ Lupus erythematosus, granuloma annulare, acrodermatosis, dermatitis atrophicans diffuse progressiva, scleroderma : 100-300 mg daily.

## **Contraindication**

There is no absolute contraindication.

## **Precautions**

Vitamin E may enhance the anticoagulant activity of anticoagulant drugs.

## **Drug Interactions**

In animal studies very high doses of vitamin E were shown to limit the absorption of vitamin A and K.

## **Side Effects**

Vitamin E is very well tolerated. As a rule, daily doses of up to 800 mg do not induce any adverse reactions. Only a dose approaching 1 g may give rise to transient gastrointestinal symptoms like nausea, flatulence, diarrhoea, etc. There have so far been no reports of any changes in laboratory parameters as a result of vitamin E administration.

## **Use in Special Population**

*Pregnancy and lactation* : Vitamin E may be used in pregnancy in the normally recommended dose, but the safety of high dose therapy has not been established. There appears to be no contraindication to breast feeding by mothers taking the normally recommended dose

## **Commercial Pack**

Formula<sup>®</sup> E Tablet : Bottle containing 15 tablets. Each tablet contains Vitamin E USP (*dl*-  $\alpha$  tocopheryl acetate) 200 mg.