

Composition : Vitamin C+ Vitamin E; (250mg + 200mg) Capsule.

Indications : The active ingredients of Vitamin C and Vitamin E have been linked with reduced risks of cardiovascular diseases in human. Concurrent intake of Vitamin E and Vitamin C suggests that their action may be synergistic.

Dosage and administration : Vitamin C & E capsule is administered orally. The adult dose is 1 capsule daily or as directed by the registered physician.

Contraindication : Vitamin C in megadoses has been contra-indicated for patients with hyperoxaluria. A pregnant woman taking more than 5gm daily ascorbate may suffer from fetal abortion. Higher doses of Vitamin C have reported to cause failure of conception. In case of Vitamin E, there is no absolute contra-indication.

Side effects : Vitamin C is usually well tolerated. Large doses are reported to cause diarrhea and other gastrointestinal disturbances. Vitamin E is usually well tolerated. Large doses may cause diarrhea, abdominal discomfort, and other gastrointestinal disturbances, and have also been reported to cause fatigue and weakness.

Precautions : Vitamin C should be given with care to patient with hyperoxaluria. In patients taking oral anticoagulants or oestrogens Vitamin E should be given carefully because it has been found to antagonize the effects of Vitamin K leading to an increase in blood clotting

E-Cap Plus

Soft Capsule

time in these patients.

Drug interactions : Vitamin C is incompatible in solution with Aminophylline, Bleomycin, Erythromycin, Lactobionate, Nafcillin, Nitrofurantoin Sodium, Conjugated oestrogens, Sodium bicarbonate, Salphafurazole diethanolamine, Chloramphenicol sodium succinate, Chlorthiazide sodium and Hydrocortisone sodium succinate. It increases the apparent half life of Paracetamol and enhances iron absorption from the gastrointestinal tract. No potentially useful drug Interaction with Vitamin E has been described. However, high doses of Vitamin E can impair intestinal absorption of Vitamin A and K.

Packing : E-Cap Plus : 5 x 6's Soft Capsules in blister pack.