

Information leaflet: Information for the user

# Memovit B12 Syrup

## DL-phosphoserine, cyanocobalamin, L-glutamine

**Read this leaflet carefully before taking this medicinal product because it contains important information for you.**

Take always this medicinal product as exactly described in this leaflet or as your doctor or the pharmacist told you to do.

- Keep this leaflet. You might need reading it again.
- Consult your pharmacist if you need more information or advice.
- If any undesirable effect is evident, including effects not listed in this leaflet, please ask your doctor or pharmacist. See section 4.
- Consult your doctor if you do not notice any improvement or if you notice that symptoms worsen.

### Content of this leaflet:

1. What is Memovit B12 and what it is used for
2. What you must know before taking Memovit B12
3. How to take Memovit B12
4. Possible undesirable effects
5. How to keep Memovit B12
6. Content of the package and other information

### 1. What is Memovit B12 and what it is used for

Memovit B12 contains three substances that are well-known for their beneficial effect on the metabolism of the nervous tissue. This medicinal product is indicated for mental exhaustion with loss of appetite, tiredness, easy exhaustibility. Ask your doctor if you do not feel better or if you feel worse after a short treatment.

### 2. What you must know before taking Memovit B12

#### Do not take Memovit B12

- if you are allergic to DL-phosphoserine, cyanocobalamin, L-glutamine, or any of the other components of this medicinal product (listed in section 6).

### Warnings and precautions for use

Consult your doctor or pharmacist before taking Memovit B12. If you suffer from a condition caused by lack of vitamin B12 (pernicious anaemia), do not replace your regular treatment with this medicinal product because it is not effective for this pathology.

This medicinal product can cause slight excitability and insomnia; therefore, it is not advisable to administer it in the evening.

Consult your doctor if after a short period of treatment there is no significant improvement in the condition.

### Interactions of Memovit B12 with other medicinal products

Tell your doctor or pharmacist if you are taking or have recently been taking or could take any other medicinal product.

### Pregnancy and lactation

If you are or if you suspect you are pregnant or you are planning pregnancy, or if you are breastfeeding, ask your doctor or pharmacist for advice before taking this medicinal product.

As a precaution, it is preferable not to use Memovit B12 during pregnancy and lactation.

### Effects on ability to drive and use machines

Memovit B12 does not alter the ability to drive and use machines.

### Memovit B12 contains sorbitol and parabens

This medicinal product contains 1.75 g sorbitol per dose.

Sorbitol is a source of fructose. If your doctor has told you that you are intolerant to some sugars, or you have been diagnosed with hereditary fructose intolerance- a rare genetic disorder in which patients cannot digest fructose-, consult your doctor before taking this medicinal product.

If your doctor has diagnosed intolerance to some sugars, you should consult him before taking this medicinal product. In addition, this medicinal product contains parabens (preservatives) such as methyl p-hydroxybenzoate that may cause allergic reactions (even delayed).

### 3. How to take Memovit B12

Take this medicinal product always following the indications in this leaflet or the instructions of the doctor or pharmacist. If in doubt, consult your doctor or pharmacist.

**The recommended dosage is:** 1 vial a day, preferably in the morning on an empty stomach.

**Instructions for use**

- Take off the capsule by pulling up the tongue and press on the jutting stopper until you cause the powder to fall into the vial.
- Then, shake until solubilisation.
- Pour content into a glass and add water as required.

**If you take more Memovit B12 than recommended**

In case you accidentally swallow/take an overdose of Memovit B12, seek immediate medical advice- call and inform your doctor or go to the nearest hospital.

**If you forget taking Memovit B12**

Do not take a double dose to compensate for the dose previously forgotten.

**If Memovit B12 treatment is interrupted**

If you have any doubt on how to use this medicinal product, consult your doctor or pharmacist.

**4. Possible undesirable effects**

Like all medicines, this medicinal product can have undesirable effects, although not everybody gets them.

**Reporting of suspected adverse effects**

If any undesirable effect is evident, including those not listed in this leaflet, please ask your doctor or pharmacist. This medicinal product may cause slight excitability and insomnia.

You can also report undesirable effects directly in the reporting Italian national system in the address:

<http://www.aifa.gov.it/content/segnalazioni-reazioni-avverse>.

Reporting undesired effects is important. It allows continued monitoring of the benefit/risk balance of the medicinal product.

**5. How to keep Memovit B12**

Keep this medicinal product out of sight and reach of children.

Do not use this medicinal product after the expiry date shown on the package after 'Expiry date'. The expiry date refers to the last day of that month.

Do not store above 30°C.

Medicinal products must not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

**6. Content of the package and other information****What Memovit B12 contains****Vial**

- Active ingredients: DL-phosphoserine and cyanocobalamin. Each 10-g vial contains 40 mg of DL-phosphoserine and 0.5-mg of cyanocobalamin.
- Excipients: **sorbitol** 70%, raspberry aroma, **methyl p-hydroxybenzoate**, distilled water.

**Proportioner stopper**

- Active ingredient: L-glutamine. Each proportioner stopper contains 60 mg of L-glutamine.
- Excipients: mannitol.

**Description of Memovit B12 appearance and content of the package**

Memovit B12 is a syrup.

Each package contains between 6 and 10 vials with proportioner stopper.

**Marketing authorisation holder**

Magis Farmaceutici S.r.l. - Via Cefalonia, 70 - 25124 - Brescia

**Manufacturer**

Doppel Farmaceutici S.r.l. - Via Martiri delle Foibe, 1 - 29016 Cortemaggiore (PC)

**Sales dealer**

Aesculapius Farmaceutici S.r.l. - Brescia

**This information leaflet was updated in May 2021**