

## PART III: CONSUMER INFORMATION

### **P<sup>r</sup>Pregvit<sup>®</sup>** **Vitamin-Mineral Supplement Tablets** **for Prenatal and Postpartum Use**

This leaflet is part III of a three-part Product Monograph document designed specifically for Consumers. This leaflet is a summary and will not tell you everything about Pregvit<sup>®</sup>. Contact your doctor, pharmacist or healthcare professional if you have any questions about the drug.

#### **ABOUT THIS MEDICATION**

##### **What the medication is used for:**

Pregvit<sup>®</sup> is a vitamin-mineral supplement specially formulated for use in women at least 2-3 months prior to conception, throughout pregnancy, and during the postnatal period. Taking Pregvit<sup>®</sup> does not eliminate the need for balanced nutrition.

##### **What it does:**

Pregvit<sup>®</sup> provides a supplement of vitamins and minerals.

There is strong evidence that preventative treatment with folic acid, prior to and during pregnancy, can reduce the risk of fetal neural tube defects (NTDs). NTDs result from improper development and closure of the neural tube during the third and fourth week of development. Pregnancies affected by an NTD may result in a miscarriage or stillbirth, and children born with an NTD may have mild to severe disability or die in early childhood.

Although the use of a folic acid supplement from before conception to early pregnancy reduces the number of NTDs, they cannot be completely avoided through folate supplementation because of their various origins. For women who had a prior history of an NTD pregnancy, the recurrence rate of another NTD pregnancy is 2-3%.

There is evidence that supplementing the diet with an additional 0.4 mg/day of folic acid would reduce the risk of neural tube defects for all women planning a pregnancy by about 36%, 1 mg per day would reduce the risk by about 57% and the use of 1.1 mg daily would reduce the risk by about 59%.

##### **When it should not be used:**

You should not take Pregvit<sup>®</sup> if you are allergic to any of the ingredients of Pregvit<sup>®</sup> or component of the container (see list of medicinal and nonmedicinal ingredients below this section).

##### **What the medicinal ingredients are:**

Each oval shaped, pink (a.m.), film-coated, immediate release tablet contains:

Beta-Carotene	1.6 mg
Vitamin B <sub>1</sub> (thiamine mononitrate)	3 mg
Vitamin B <sub>2</sub> (riboflavin)	3.4 mg
Niacinamide	20 mg
Pantothenic Acid (calcium pantothenate)	5 mg
Vitamin B <sub>6</sub> (pyridoxine HCl)	10 mg

Vitamin C (ascorbic acid)	120 mg
Vitamin E (dl-alpha tocopheryl acetate)	13.5 mg AT <sup>†</sup>
Copper (cupric oxide)	2 mg
Iodine (potassium iodide)	0.15 mg
Iron (ferrous fumarate)	35 mg
Magnesium (magnesium oxide)	50 mg
Zinc (zinc oxide)	15 mg

<sup>†</sup> *RRR*- $\alpha$ -tocopherol (AT)

Each oval shaped, blue (p.m.), film coated, immediate release tablet contains:

Folic Acid	1.1 mg
Vitamin B <sub>12</sub> (cyanocobalamin)	12 $\mu$ g
Vitamin D <sub>3</sub> (cholecalciferol)	600 IU
Calcium (calcium carbonate)	300 mg

##### **What the nonmedicinal ingredients are:**

##### **Pregvit<sup>®</sup> pink (a.m.) tablet contains:**

microcrystalline cellulose, pregelatinized starch, sodium croscarmellose, polyvinyl alcohol, fish gelatin, mono and diglycerides, titanium dioxide, macrogol/PEG 3350, alginate, hydroxypropyl methyl cellulose, calcium silicate, sodium lauryl sulfate, magnesium stearate, talc, acacia gum, pea starch, silicon dioxide, FD&C Red #40 Aluminum Lake, carnauba wax, FD&C Blue #1 Aluminum Lake, FD&C Yellow #6 Aluminum Lake, ammonium hydroxide, D&C Red #27 Aluminum Lake, FD&C Blue #2 Aluminum Lake, isopropyl alcohol, n-butyl alcohol, propylene glycol, shellac glaze, and simethicone.

##### **Pregvit<sup>®</sup> blue (p.m.) tablet contains:**

pregelatinized corn starch, sodium croscarmellose, polyvinyl alcohol, titanium dioxide, macrogol/PEG 3350, talc, acacia gum, sucrose, magnesium stearate, sodium lauryl sulfate, modified starch, triglycerides, , FD&C Blue #2 Aluminum Lake, carnauba wax, trisodium citrate, citric acid, dl-alpha-tocopherol, silicon dioxide, ammonium hydroxide, D&C Red # 27 Aluminum Lake, isopropyl alcohol, n-butyl alcohol, propylene glycol, shellac glaze, and simethicone. This product does not contain lactose, gluten or tartrazine.

##### **What dosage forms it comes in:**

Pregvit<sup>®</sup> is supplied in a 30-day blister pack containing 30 oval, pink (a.m.) tablets and 30 oval, blue (p.m.) tablets. Each tablet is imprinted with a pink image of a pregnant woman.



#### **WARNINGS AND PRECAUTIONS**

**BEFORE** you use Pregvit<sup>®</sup> talk to your doctor or healthcare professional if:

- You have a vitamin B<sub>12</sub> deficiency. Folic acid should be taken with vitamin B<sub>12</sub> in order to avoid potential problems of the nervous system. Any dose of folic acid over 1 mg per

day may require monitoring for vitamin B<sub>12</sub> by a doctor or healthcare professional.

- You have seizure disorders controlled with anticonvulsant medications (e.g. carbamazepine, phenobarbital, phenytoin, primidone, valproic acid). You may have an increase in seizures when folic acid is taken.

Keep this product out of the reach of children. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Each Pregvit<sup>®</sup> pink (a.m.) tablet contains 35 mg of elemental iron. No iron is contained in the Pregvit<sup>®</sup> blue (p.m.) tablet.

## INTERACTIONS WITH THIS MEDICATION

As with most medications, interaction with other drugs is possible.

Tell your doctor, pharmacist or healthcare professional if you are taking any other medications, including prescription, non-prescription or natural health products, or vitamin-mineral supplements.

In particular, the drugs that may interact with Pregvit<sup>®</sup> include:

- Thyroid hormone medications: Absorption of thyroid medications could be reduced if taken at the same time as iron or calcium supplements. Thyroid medications should be taken four hours before or after the pink (a.m.) and the blue (p.m.) tablets of Pregvit<sup>®</sup>.
- Dihydrofolate reductase inhibitors: Dihydrofolate reductase inhibitors (including sulphasalazine, trimethoprim, triamterene) inhibit the absorption and metabolism of folic acid.
- Antiepileptic drugs: Antiepileptic drugs reduce folic acid absorption. Folic acid supplements have worsened seizure control in some people with epilepsy.

## PROPER USE OF THIS MEDICATION

### Usual dose:

Take one pink (a.m.) tablet every morning on an empty stomach, one hour before breakfast, with a glass of water. Do not take any food for one hour after taking the pink (a.m.) tablet to help the iron absorption. If you suffer from nausea and/or vomiting in the morning (morning sickness), take the pink (a.m.) tablet two hours or more after breakfast. Take one blue (p.m.) tablet with a glass of water close to the evening meal (before or after), i.e. within one hour of the evening meal, to help calcium absorption.

This product is specifically prescribed for you based on your current state of health. Do not give it to others, even if you think they could benefit from taking it, and you yourself must not use it for any other condition than the one for which it was prescribed.

Tablets are not intended to be crushed, chewed or split. If you

have difficulty swallowing tablets, let your doctor or healthcare professional know.

Special cases:

- For women taking calcium rich food for breakfast, the Pregvit<sup>®</sup> pink (a.m.) tablet may be taken two (2) hours or more after breakfast. Following administration of the pink (a.m.) tablet a wait of one (1) additional hour is recommended before eating in order to optimize the absorption of iron.
- For women suffering from nausea and/or vomiting *in the morning* where it is difficult to take vitamin-mineral supplements on an empty stomach, the Pregvit<sup>®</sup> pink (a.m.) tablet may be taken two (2) hours or more after breakfast. Following administration of the pink (a.m.) tablet a wait of one (1) additional hour is recommended before eating in order to optimize the absorption of iron.
- For women taking levothyroxine hormone in the morning, it is recommended to take the Pregvit<sup>®</sup> pink (a.m.) tablet at least four (4) hours apart to optimize the absorption of levothyroxine hormone. For women taking levothyroxine hormone at bedtime, it is recommended to take the Pregvit<sup>®</sup> blue (p.m.) tablet at least four (4) hours apart to optimize the absorption of levothyroxine hormone.

### Overdose:

Do not exceed the recommended dose.

In case of drug overdose, contact a healthcare practitioner, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

### Missed dose:

When a dose has been missed, it should be taken as soon as possible and one pink (a.m.) and one blue (p.m.) tablet should be taken within a 24-hour period. It is recommended that Pregvit<sup>®</sup> pink (a.m.) and blue (p.m.) tablets be taken at least four (4) hours apart in order to optimize the absorption of nutrients.

The prescribed dosing schedule should then continue as directed by doctor or healthcare professional.

## SIDE EFFECTS AND WHAT TO DO ABOUT THEM

**Side effects:** The most common adverse reactions associated with vitamin-mineral supplements are gastrointestinal symptoms such as constipation, diarrhea, nausea and gastric irritation.

*This is not a complete list of side effects.*

*For any unexpected effects while taking Pregvit<sup>®</sup>, contact your doctor, pharmacist or healthcare professional.*

## HOW TO STORE IT

Store at room temperature (15 to 30°C).

Protect from moisture. Contact with moisture may produce

surface discoloration or erosion of the tablet.

Keep in a safe place out of reach of children.

#### **REPORTING SUSPECTED SIDE EFFECTS**

You can report any suspected adverse reactions associated with the use of health products to the Canada Vigilance Program by one of the following 3 ways:

Report online at [www.healthcanada.gc.ca/medeffect](http://www.healthcanada.gc.ca/medeffect)

Call toll-free at 1-866-234-2345

Complete a Canada Vigilance Reporting Form and:

Fax toll-free to 1-866-678-6789, or

Mail to:

Canada Vigilance Program

Health Canada

Postal Locator 0701E

Ottawa, Ontario

K1A 0K9

Postage paid labels, Canada Vigilance Reporting Form and the adverse reaction reporting guidelines are available on the MedEffect™ Canada Web site at [www.healthcanada.gc.ca/medeffect](http://www.healthcanada.gc.ca/medeffect).

*NOTE: Should you require information related to the management of side effects, contact your health professional. The Canada Vigilance Program does not provide medical advice.*

#### **MORE INFORMATION**

This document plus the full Product Monograph, prepared for healthcare professionals, can be obtained by contacting the sponsor, Duchesnay Inc., at:

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Tel: 1-888-666-0611

Fax: 1-888-588-8508

E-mail: [medicalinfo@duchesnay.com](mailto:medicalinfo@duchesnay.com)

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