

Vitamin E**Composition**

Lifil-E 200: Each Soft Gelatin Capsule contains Vitamin E 200 IU (as Alpha Tocopheryl Acetate BP).
Lifil-E 400: Each Soft Gelatin Capsule contains Vitamin E 400 IU (as Alpha-Tocopheryl Acetate BP).

Pharmacology

Lifil-E Capsule is a Vitamin E preparation. Vitamin E acts as an antioxidant in the body. Vitamin E protects polyunsaturated fatty acids (which are components of cellular membrane) and other oxygen-sensitive substances such as vitamin A & vitamin C from oxidation. Vitamin E reacts with free radicals, which is the cause of oxidative damage to cell membranes. The main pharmacological action of vitamin E in humans is its antioxidant effect. In premature neonates irritability, edema, thrombosis and hemolytic anemia may be caused due to vitamin E deficiency. Creatinuria, ceroid deposition, muscle weakness, decreased erythrocyte survival or increased in vitro haemolysis by oxidizing agents have been identified in adults and children with low serum tocopherol concentrations.

Indications

1. As a dietary supplement:
 - Vitamin E deficiency resulting from impaired absorption.
 - Increased requirements due to diet rich in polyunsaturated fats.
2. For healthy hair & skin.
3. As an Antioxidant.
4. Hemolytic anemia due to Vitamin E deficiency.

Therapeutic use

Heavy metal poisoning, Hepatotoxin poisoning, Hemolytic anemia, Oxygen therapy and replacement therapy in nutritional deficiency states for betterment of skin and hair.

Dosage and Administration**Route of administration :** Orally.

- Betterment of Cardiovascular health: 400 IU - 800 IU / day
- Deficiency syndrome in adults: 200 IU - 400 IU / day
- Deficiency syndrome in children: 200 IU / day
- Thalassemia: 800 IU / day
- Sickle-cell anemia: 400 IU / day
- Betterment of Skin & Hair: 200 IU - 400 IU / day (Topical use is also established for beautification)
- Chronic cold in adults: 200 IU / day

Or as directed by the physician**Contraindication**

No known contraindications found.

Warning & Precautions

Vitamin E might worsen clotting problems in people whose levels of Vitamin K are too low. If you have a bleeding disorder, avoid taking vitamin E supplements. Head and neck cancer : Do not take vitamin E supplements in doses of 400 IU/day or more.

Side Effects

Common : Nausea and vomiting, headache, fatigue or weakness, problems with ovaries in females or testes in males.
Rare: Blood clot in vein, blurred vision, breast tenderness, diarrhea, rash, stomach cramps.

Use in Pregnancy & Lactation

Vitamin E is safe in pregnancy and lactation, when used as recommended doses. Higher doses are not established.

Use in Children & Adolescents

Vitamin E is safe for children.

Drug Interactions

With Medicine : Vitamin E may impair the absorption of Vitamin A.

Vitamin K functions impairment happens at the level of prothrombin formation and potentiates the effect of Warfarin.

With food & others : There is no food that interacts with vitamin E.

Over Dose

Oversodes (>1g) have been associated with minor side effects, including hypertension, fatigue, diarrhea and myopathy.

Storage

Store below 30° C and dry place, protected from light.
Keep all medicines out of reach of the children.

Supply

Lifil-E 200: Each box contains 5x10 capsules in blister strips.
Lifil-E 400 : Each box contains 5x10 capsules in blister strips.

* Further information is available on request.



Manufactured by:

The ACME Laboratories Ltd.
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For Health, Vigour and Happiness

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