

NanoCelle™ Activated B12

Contains Activated Vitamin B12 as Methylcobalamin

Consumer Medicine Information

1. What is in the leaflet?

This leaflet answers some common questions about NanoCelle™ Activated B12.

It does not contain all of the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines and supplements have risks and benefits. Your doctor has weighed the risks of you taking NanoCelle™ Activated B12 against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your doctor or pharmacist.

Keep this leaflet with the medicine.

You may need to read it again.

2. What NanoCelle™ Activated B12 is used for

NanoCelle™ Activated B12 is used to assist in the management of dietary Vitamin B12 deficiency. Vitamin B12 is a water-soluble vitamin that is found almost exclusively in poultry, seafood, milk, cheese and eggs. Vegetarians, vegans, the elderly and people with poor intestinal absorption may require Vitamin B12 supplementation.

Vitamin B12 plays a significant role in:

- Methylation pathways
- DNA synthesis
- Mitochondrial energy production
- Synthesis of myelin and so healthy myelin/nerve function
- Conversion of homocysteine to methionine
- Red blood cell production

Your healthcare professional or pharmacist may have prescribed NanoCelle™ Activated B12 for another reason.

Ask your healthcare professional or pharmacist if you have any questions concerning why NanoCelle™ Activated B12 as been prescribed for you.

What is Methylcobalamin?

Methylcobalamin is the biologically active form of vitamin B12.

NanoCelle™ Activated B12 is not addictive.

3. Before you take NanoCelle™ Activated B12

3a) When you MUST NOT take it

Do not take NanoCelle™ Activated B12 if:

1. **You have had an allergic reaction to NanoCelle™ Activated B12, other Vitamin B12 supplements, Vitamin E or any ingredient listed in section 8b.**
2. **The packaging is torn, missing or shows signs of tampering.**
3. **The expiry date (EXP) printed on the pack has passed.** If it has expired or passed, return to your pharmacist for disposal.

If you take this medicine after the expiry date has passed, it may not work as well.

If you are not sure you should start taking NanoCelle™ Activated B12 contact your healthcare professional or pharmacist.

3b) Before you start to take it

You must tell your doctor if:

1. **You have any allergies to any other medicines, foods, preservatives, dyes or additives**
NanoCelle™ Activated B12 also contains Glycerol, Peppermint Oil, Citric Acid, Potassium Sorbate, Steviol glycosides, d-alpha-Tocopherol, Soya oil and purified Water.
If you experience any allergic reaction or other side effects after consuming NanoCelle™ Activated B12 you should discontinue use and consult with your healthcare professional or pharmacist.
2. **You are pregnant or planning to become pregnant**
3. **You are breastfeeding or planning to breastfeed**
4. **You have or have had any other health problems or issues including:**
 - Liver disease (cirrhosis or hepatitis)
 - Myeloproliferative disorders (polycythaemia vera and chronic myelocytic leukaemia)

If you have not told your healthcare professional or pharmacist about any of the above, tell them before you start taking NanoCelle™ Activated B12.

3c) Taking other medicines

Tell your healthcare professional or pharmacist if you are taking any other medicines, including any that you get without a prescription from a naturopath, supermarket or health food store.

Tell your healthcare professional or pharmacist if you are taking any of the following:

- Chloramphenicol
- Metformin
- H2 Blockers
- Proton pump inhibitors

Some medicines may be affected by NanoCelle™ Activated B12 or may affect how well it works. You may need to take different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you.

Your healthcare professional or pharmacist has more information on medicines to be careful with or avoid while taking NanoCelle™ Activated B12.

Ask your healthcare professional or pharmacist if you are not sure about the above list of medicines.

4. How to take NanoCelle™ Activated B12

4a) How much to take

Follow all directions given to you by your healthcare professional or pharmacist carefully.

Take NanoCelle™ Activated B12 exactly as your healthcare professional or pharmacist has prescribed.

They may differ from the information contained in this leaflet.

4b) How much NanoCelle™ Activated B12 should be taken?

The adult dose is 300 µL (2 sprays) daily, sprayed on the inside of the cheek (Buccal) before a meal.

Your healthcare professional or pharmacist will tell you how much NanoCelle™ Activated B12 to take each day. This depends on the condition being treated and whether any other medicines are being used.

4c) How to take NanoCelle™ Activated B12

NanoCelle™ Activated B12 should be sprayed onto the Buccal (inside cheek).

Consult your healthcare professional if you are unsure.

4d) When to take NanoCelle™ Activated B12

Take NanoCelle™ Activated B12 before a meal, unless otherwise advised by your healthcare professional or pharmacist.

4e) How long to take NanoCelle™ Activated B12

Take NanoCelle™ Activated B12 as long as your healthcare practitioner prescribes.

4f) If you forget to take NanoCelle™ Activated B12

Do not try to make up for missed doses by taking an extra dose.

This may increase the chance of getting an unwanted side effect.

If it is almost time for your next dose, skip the dose you missed and take the next dose when you are meant to.

If you are unsure of what to do, check with your healthcare professional or pharmacist.

4g) If you have taken too much NanoCelle™ Activated B12 (overdose)

Visit your healthcare professional or pharmacist as soon as possible. Tell them how much NanoCelle™ Activated B12 you took and he/she can determine what action is best for your health. Please visit your healthcare professional or pharmacist if there are signs of discomfort.

5. While you are taking NanoCelle™ Activated B12

5a) Things you MUST do:

If you become pregnant while taking, NanoCelle™ Activated B12 tell your healthcare professional or pharmacist immediately.

If you are about to start taking a new medicine, tell your healthcare professional or pharmacist that you are taking NanoCelle™ Activated B12.

If you are planning to have surgery, including dental surgery, tell your healthcare professional or pharmacist that you are taking NanoCelle™ Activated B12.

Always follow your healthcare professional or pharmacist's instructions carefully.

5b) Things you **MUST NOT** do

Do not spray NanoCelle™ Activated B12 into your eyes. Do not spray NanoCelle™ Activated B12 onto skin that is cut or bleeding.

Do not heat NanoCelle™ Activated B12 to extreme heat conditions for extended periods of time.

You should discuss this with your healthcare professional or pharmacist.

6. Side effects

All medicines can have side effects. Sometimes they are serious, most of the time they are not.

Serious allergic reactions to these ingredients are rare; however tell your healthcare professional or pharmacist immediately if you experience any of the following:

- Skin rash
- Swelling of the face and/or throat
- Difficulty breathing
- Itching of the skin

7. After taking NanoCelle™ Activated B12

7a) Storage

Keep NanoCelle™ Activated B12 in its bottle until it is time to take it. If you take the liquid out of the bottle it may not keep well.

Always store NanoCelle™ Activated B12 only in its original container. Store below 25°C. Recommended to Keep Refrigerated. Do not freeze.

Do not store NanoCelle™ Activated B12, or any other medicine, in a bathroom or near a sink.

Do not leave it in the car or on windowsills. Keep out of reach of children.

8. Product description

8a) What NanoCelle™ Activated B12 looks like

NanoCelle™ Activated B12 is a peppermint-flavoured liquid emulsion. NanoCelle™ Activated B12 is packaged in a 30mL plastic spray bottle with a clear plastic cap.

Each bottle is packed in a recyclable cardboard box with a safety seal.

Each 30mL spray bottle contains 100 doses (200 sprays).

8b) Ingredients

Active ingredients

Vitamin B12 (as Methylcobalamin) 1000 µg

Inactive ingredients

- Modified Vegetable Oil
- Glycerol
- Peppermint Oil
- Citric Acid
- Potassium sorbate
- Steviol glycosides
- d-alpha-Tocopherol
- Soya Oil
- Water- purified

NanoCelle™ Activated B12 is suitable for vegetarians.

NanoCelle™ Activated B12 is dairy and gluten free.

9. Translation

To read this information in other languages go to www.medlab.co/translate.

10. Manufacturer

NanoCelle™ Activated B12 is supplied in Australia by:

A division of Medlab Clinical Limited™
66 McCauley Street
Alexandria NSW 2015
Toll free: 1300 369 570

NanoCelle™ Activated B12 is supplied in Northern America by:

A division of InMed Technologies™
Suite 400, 29883 Santa Margarita Pkwy
Rancho Santa Margarita CA 92688
Toll free: 1800 921 1710

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Medlab Clinical Limited™