
B-COMPLEX FORTE WITH VITAMIN C & ZINC CAPSULES

BECOSULES[®] Z Capsules



1. **GENERIC NAME**

B-Complex Forte with Vitamin C & Zinc Capsules

2. **QUALITATIVE AND QUANTITATIVE COMPOSITION**

Each hard gelatin capsule contains:

Thiamine Mononitrate I.P.	10 mg
Riboflavin I.P.	10 mg
Pyridoxine Hydrochloride I.P.	3 mg
Vitamin B ₁₂ I.P. (as Stablets 1:100)	15 mcg
Niacinamide I.P.	100 mg
Calcium Pantothenate I.P.	50 mg
Folic Acid I.P.	1.5 mg
Ascorbic Acid I.P. (as coated)	150 mg
Biotin I.P.	100 mcg
Zinc Sulphate Monohydrate I.P. (equivalent to 15 mg of elemental Zinc)	41.4 mg
Excipients q.s.	
Appropriate overages added.	

Other excipients: Tribasic Calcium Phosphate I.P., Light Liquid Paraffin I.P., Magnesium Stearate I.P., Maize Starch I.P. (Dried) and Talc I.P.

Approved colors used in the capsule shells: Brilliant Blue FCF, Carmoisine, Quinoline Yellow, Ponceau 4R and Sunset Yellow FCF.

3. **DOSAGE FORM AND STRENGTH**

Hard Gelatin Capsules

4. **CLINICAL PARTICULARS**

4.1 **Therapeutic indication**

A Becosules Z capsule is indicated in the treatment of patients with deficiencies of, or increased requirement for, Vitamin B-Complex and C. Such patients and conditions include:

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- Decreased intake because of restricted or unbalanced diet as in anorexia, diabetes mellitus and obesity.
- Reduced availability during treatment with antimicrobials which alter normal intestinal flora, in prolonged diarrhea and in chronic gastro-intestinal disorders.
- Increased requirements due to increased metabolic rate as in fever and tissue wasting, e.g., febrile illness, acute or chronic infections, surgery, burns and fractures.
- Stomatitis, glossitis, cheilosis, paresthesias, neuralgia and dermatitis.
- Impaired wound healing.
- Micronutrient deficiencies during pregnancy or lactation.

4.2 Posology and method of administration

One capsule daily, or as directed by the physician.

4.3 Contraindications

Hypersensitivity to active ingredients and any of the excipients of Becosules Z capsules.

4.4 Special warnings and precautions for use

The use of Becosules Z capsules in patients with deficiency or increased requirement of Vitamin B-complex, and Vitamin C should be accompanied by specific therapy for the primary illness. Treatment with Becosules Z capsules should be continued only until the deficiency is corrected or the need for supplementation exists.

Pyridoxine in Becosules Z capsules may reduce the therapeutic effects of levodopa in Parkinson's disease.

Riboflavin in Becosules Z capsules may color the urine yellow.

During treatment with Becosules Z capsules the urine may give a false positive result for sugar by Benedict's test because of the presence of ascorbic acid. Therefore, a test not affected by ascorbic acid, should be used.

In pernicious anemia, folic acid in Becosules Z capsules may correct anemia but aggravate neurological lesion.

This medicine contains cobalt. In patients with a known allergy to cobalt, an individual benefit-risk assessment must be carried out before starting treatment.

4.5 Drug interactions

Although the clinical importance is unknown, thiamine reportedly may enhance the effect of neuromuscular blocking agents. The rate and extent of absorption of riboflavin are reportedly affected by propantheline bromide.

Pyridoxine hydrochloride reverses the therapeutic effects of levodopa by accelerating peripheral metabolism of levodopa.

Absorption of Vitamin B₁₂ from the gastrointestinal (GI) tract may be decreased by aminoglycoside antibiotics, colchicine, extended-release potassium preparations, aminosalicic acid and its salts and anticonvulsants (e.g., phenytoin, phenobarbital, primidone). Prednisone has been reported to increase the absorption of Vitamin B₁₂ in a few patients with pernicious anemia, but not in patients with partial or total gastrectomy. The clinical importance of these findings is unknown. Concurrent administration of chloramphenicol and Vitamin B₁₂ reportedly may antagonize the hematopoietic response to Vitamin B₁₂ in Vitamin B₁₂ deficient patients. The hematologic response to Vitamin B₁₂ in patients receiving both drugs should be carefully monitored and alternate anti-infectives should be considered.

Niacin reportedly potentiates the hypotensive effect of ganglionic blocking drugs.

4.6 Use in special populations

In pregnant and lactating women, dosing should be per recommended allowances for their condition as advised by physician, since their vitamin requirements may be higher.

4.7 Effects on ability to drive and use machines

The medication does not have any effect on ability to drive and use machines.

4.8 Undesirable effects

Hypersensitivity reactions have been reported with thiamine and folic acid, although these are rare.

4.9 Overdose

B-complex vitamins are water soluble and excess vitamins are expelled in urine. Hence overdose is very rare.

5. PHARMACOLOGICAL PROPERTIES

B-complex vitamins, and Vitamin C, function as cofactors of various enzymes which regulate carbohydrate, protein and fat metabolism.

Thiamine (Vitamin B₁)

Thiamine (B₁) acts as a cofactor in the decarboxylation of keto acids such as pyruvic acid. Thiamine is readily absorbed from the upper GI tract following oral administration. It is widely distributed into body tissues. Several urinary metabolites of thiamine have been identified in humans.

Riboflavin (Vitamin B₂)

Riboflavin (B₂) plays a vital role in cellular respiratory reactions in conjunction with niacinamide. Riboflavin is readily absorbed from the upper GI tract. Riboflavin is stored in limited amounts in the liver, spleen, kidneys, and heart, mainly in the form of flavin adenine dinucleotide. Following ingestion of usual physiologic doses of riboflavin, only about 9% of the drug is excreted in urine unchanged. The fate of the remainder of the drug is unknown.

Pyridoxine (Vitamin B₆)

Pyridoxine (B₆) takes part in decarboxylation and interconversion of amino acids. It is also required for normal antibody-mediated and cell-mediated immune responses. Pyridoxine is readily absorbed from the GI tract following oral administration. Vitamin B₆ is stored mainly in the liver with lesser amounts in muscle and brain. The biologic half-life of pyridoxine appears to be 15-20 days.

Ascorbic acid (Vitamin C)

Ascorbic acid (Vitamin C) takes part in biochemical reactions involving oxidation, as in collagen synthesis, and in conversion of folic acid to folinic acid. It is also necessary for normal phagocytic function of white blood cells (WBCs). Ascorbic acid is readily absorbed after oral administration; however, absorption involves an active process and may be limited after very large doses. Ascorbic acid is widely distributed in body tissues. Large concentrations of the vitamin are found in the liver, leukocytes, platelets, glandular tissues, and the lens of the eye. About 25% of the ascorbic acid in plasma is bound to proteins. When the body is saturated with ascorbic acid and blood concentrations exceed the threshold, unchanged ascorbic acid is excreted in the urine.

Cyanocobalamin (Vitamin B₁₂)

Vitamin B₁₂ is irregularly absorbed from the distal small intestine following oral administration. Absorption of Vitamin B₁₂ following oral administration is decreased by structural or functional damage to the stomach or ileum. Vitamin B₁₂ is distributed into the liver, bone marrow, and other tissues, including the placenta. Vitamin B₁₂ is believed to be converted to coenzyme form in the liver and is probably stored in tissues in this form. The major portion of Vitamin B₁₂ is excreted within the first 24 hours.

Niacinamide (Vitamin B₃)

Niacinamide (nicotinamide) plays a vital role in cellular respiration in conjunction with riboflavin. Niacinamide are readily absorbed from the GI tract following oral

administration. Niacinamide is widely distributed into body tissues. Following administration of physiologic doses of niacin or niacinamide, only a small amount of niacinamide is excreted unchanged in urine; however, following administration of larger doses, a greater proportion of niacin and niacinamide is excreted unchanged.

Calcium pantothenate (Vitamin B₅)

Calcium pantothenate functions as a cofactor for enzymes involved in transfer of acetyl groups. It is also required for normal antibody response in conjunction with pyridoxine.

Pantothenic acid is readily absorbed from the GI tract following oral administration. Highest concentrations are found in the liver, adrenal glands, heart, and kidneys. About 70% of an oral dose of pantothenic acid is excreted unchanged in urine and about 30% in feces.

Folic acid (Vitamin B₉)

Folic acid, after conversion in the body to folinic acid, takes part in reactions involved in the synthesis of nucleotides and maturation of red blood cells (RBCs) in conjunction with Vitamin B₁₂. It also plays an important role in lymphocyte-mediated immune response.

Folic acid is absorbed rapidly from the GI tract following oral administration. Larger doses of folic acid may escape metabolism by the liver and appear in the blood mainly as folic acid.

Biotin (Vitamin B₇)

Biotin is a sulfur-containing, water soluble vitamin. In humans, the essential requirement for biotin arises from its obligatory involvement in carbohydrate, lipid and protein metabolism. It is an integral part of enzymes that play essential roles in gluconeogenesis, fatty acid synthesis, and metabolism of branched-chain amino acids.

Thus, an adequate supply of these micronutrients is required for the optimum function of various cells and tissues.

Zinc

Zinc and its salts are poorly absorbed from the GI tract. Zinc is distributed widely in the body and is excreted in the faeces with only traces appearing in urine. Zinc is required for numerous vital metabolic reactions. Requirement for zinc by many enzymes involved in gene expression explains the immediate effect of deficiency of this mineral on cell growth and repair. Zinc deficiency is associated with loss of appetite, growth retardation, skin changes, and immunologic abnormalities.

Except for Vitamin B₁₂, the water soluble vitamins are not stored in the body to any significant extent, the excess quantities being excreted in the urine. The body pool

of readily available zinc too appears to be small and to have a rapid turnover rate. Therefore, a regular and adequate intake of these micronutrients is necessary to meet the metabolic requirements. Deficiencies of water soluble vitamins often co-exist because of their overlapping dietary sources and metabolic interdependence. Marginal states of zinc nutrition also occur under similar circumstances. Initially the deficiency of these micronutrients may be subclinical and demonstrable only by means of biochemical tests. If not corrected at this stage, it may become manifest as various symptoms, including impaired wound healing and increased susceptibility to infection.

Classical deficiency diseases such as beriberi, pellagra, scurvy, and zinc deficient hypogonadism and dwarfism are rare, whereas mild and subclinical deficiencies are probably more common, even among apparently healthy individuals.

6. DESCRIPTION

Hard gelatin size “1” opaque capsules with imprint of “BECOSULES Z” printed on both body and cap, containing a uniform pale yellow to yellowish orange colored powder, free from foreign matter.

Cap color: Grey with white imprint.

Body color: Orange with grey imprint.

7. PHARMACEUTICAL PARTICULARS

7.1 Incompatibilities

None specific.

7.2 Shelf-life

18 Months

7.3 Packaging information

Aluminium strips of 20 capsules. 25 strips in a carton.

7.4 Storage and handling instructions

Store below 25°C, in a dry place.

None specific.

8. DETAILS OF MANUFACTURER

Manufactured by Pfizer Limited at:

No. 45, Mangalam Main Road, Mangalam Village, Villianur Commune,
Puducherry – 605 110.

OR

Plot No. D-5, M.I.D.C., Industrial Area, Paithan, Aurangabad – 431 148

OR

C-4,13, M.I.D.C., Bhosari, Pune – 411 026.

Note: Please check the carton for the specific manufacturer details.

9. DETAILS OF PERMISSION OR LICENSE NUMBER WITH DATE

Permission No. MF-131/09 dated 26-Feb-2009

10. DATE OF REVISION

August 2024