

Metatone Tonic

Oral Solution

Thiamine hydrochloride; Calcium glycerophosphate; Potassium glycerophosphate;
Sodium glycerophosphate; Manganese glycerophosphate

Read all of this leaflet carefully because it contains important information for you. This medicine is available without prescription. However, you still need to use Metatone Tonic carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You should talk to a doctor if taking Metatone Tonic does not improve your health.
- If you notice any side effects please discuss these with your doctor or pharmacist.

In this leaflet:

1. What Metatone Tonic is and what it is used for.
2. Before you take or give Metatone Tonic.
3. How to take or give Metatone Tonic.
4. Possible side effects.
5. Storing Metatone Tonic.
6. Further information.

1. What Metatone Tonic is and what it is used for

Metatone is a tonic containing vitamins and minerals used to help restore health and vitality after illnesses, such as colds and flu, or when you are feeling tired and run down.

2. Before you take or give Metatone Tonic

Do not use this medicine:

- if you are allergic (hypersensitive) to any of the ingredients of Metatone Tonic (see section 6 for a full list of ingredients)
- for a child who is less than 6 years old.

Taking other medicines

Metatone Tonic is not known to interfere with other medicines.

Pregnancy and breast-feeding

Metatone Tonic should not be used during pregnancy or in women breast-feeding children unless considered essential by your doctor.

Important information about some of the ingredients of Metatone Tonic

This product contains amaranth (E123) which may cause an allergic reaction. If this happens, stop taking the medicine and get medical help straight away.

This medicine contains sucrose 1.436 g and glucose syrup 0.455 g per 5 ml. This should be taken into account in patients with diabetes mellitus. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product. It may be harmful to your teeth.

This medicine contains 438 mg of alcohol (ethanol) in each 5 ml per dose which is equivalent to 11%w/v. The amount in 5 ml of this medicine is equivalent to 11 ml beer or 5 ml wine. The alcohol in this preparation is likely to affect children. These effects may include feeling sleepy and changes in behaviour. It may also affect their ability to concentrate and take part in physical activities.

The amount of alcohol in this medicine can affect your ability to drive or use machines. This is because it may affect your judgement and how fast you react.

If you have epilepsy or liver problems, talk to your doctor or pharmacist before taking this medicine.

The amount of alcohol in this medicine may alter the effects of other medicines. Talk to your doctor or pharmacist if you are taking other medicines. If you are pregnant or breast-feeding, talk to your doctor or pharmacist before taking this medicine. If you are addicted to alcohol, talk to your doctor or pharmacist before taking this medicine.

This medicine contains less than 1 mmol sodium (23 mg) per 5 ml, that is to say essentially 'sodium-free'.



3. How to take Metatone Tonic

Adults, children over 12 years and elderly people: Take before meals. One or two 5 ml spoonfuls preferably diluted two or three times a day. Do not take more than 30 ml Metatone Tonic each day.

Children over 6 years old: Take before meals. One 5 ml spoonful preferably diluted two or three times a day. Do not take more than 15 ml Metatone Tonic each day.

Do not give to children under 6 years, except on the advice of your doctor.

When diluted with water, use within 14 days.

If you miss a dose:

Take or give one as soon as you remember unless it is nearly time for the next dose. Do not take or give an extra dose to make up for the one missed.

If you use too much:

Tell your doctor straight away if you or your child drink too much of this medicine.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. Stop taking the medicine and tell your doctor immediately if you experience any of the following side effects:

- Difficulty swallowing or breathing
- Swelling of the face, lips, tongue or throat
- Skin rash

The above symptoms may mean you are having a severe allergic reaction to this medicine.

Stop taking the medicine if you experience any of the following:

- Abdominal discomfort, nausea, vomiting, diarrhoea or constipation (frequency unknown)

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRA Pharmacovigilance Website: www.hpra.ie

5. Storing Metatone Tonic

Store below 25°C. Keep the bottle upright in its original carton. Keep the bottle tightly closed. Once opened, use within 8 weeks. Keep out of the reach and sight of children. Do not use Metatone Tonic after the date (month and year) printed after "EXP" on the box or bottle label. If the expiry date has passed, take the product back to your pharmacist for safe disposal. Do not use if the bottle cap seal is broken or damaged when you buy it.



6. Further information

Metatone Tonic is a clear red syrup in a 300 ml bottle or 500 ml bottle. (Not all pack sizes may be marketed).

Active substances:

Each 5 ml dose contains Vitamin B₁ (thiamine hydrochloride) 750 micrograms, calcium glycerophosphate 45.6 mg, potassium glycerophosphate 45.6 mg, sodium glycerophosphate 22.8 mg and manganese glycerophosphate 697 micrograms.

Other ingredients:

Sucrose, phosphoric acid, glucose syrup, sodium citrate, ethanol (alcohol), amaranth (E123), caramel (E150), mixed oils (composed of Bitter orange oil, Orange oil, Nutmeg oil, Clove oil, Cassia oil, Anethole and Caraway oil) and water.

Marketing Authorisation holder

Chefaro Ireland DAC, The Sharp Building, Hogan Place, Dublin 2, Ireland.

Send all enquiries to this address.

Manufacturer

Bells Sons & Co (Druggists) Ltd., Gifford House, Slaidburn Crescent, Southport, Merseyside, PR9 9AL, UK. Omega Pharma International NV, Venecoweg 26, Nazareth, 9810 Belgium. Metatone is a trade mark.

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