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# Metatone

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

### **1. What Metatone 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 a colds and flu, or when you are feeling tired and run down.

### **2. Before you take or give Metatone**

#### **Do not use this medicine:**

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

#### **Taking other medicines**

Metatone is not known to interfere with other medicines.

#### **Pregnancy and breast-feeding**

Talk to your doctor before taking Metatone if you are pregnant or breast-feeding.

#### **Important information about some of the ingredients of Metatone (see section 6 for full list of ingredients)**

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. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product. This should be taken into account in patients with diabetes mellitus. It may be harmful to your teeth.

Metatone contains 11% ethanol (alcohol), i.e. up to 438 mg per 5 ml dose, equivalent to 11 ml beer or 5 ml wine per dose.

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 judgment 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 10ml, that is to say essentially 'sodium-free'.



### **3. How to take Metatone**

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

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

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

Dilute if required. 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 the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine.

### **5. Storing Metatone**

Store below 25°C. Keep the bottle upright in its original carton. Keep out of the reach and sight of children. Do not use Metatone after the date (month and year) printed after "EXP" on the box. 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 is a clear red liquid in a 300 or 500 ml bottle.

#### **Active substances:**

Each 5 ml dose contains thiamine hydrochloride (Vitamin B<sub>1</sub>) 750 micrograms, calcium glycerophosphate 45.6 mg, potassium glycerophosphate 45.6 mg, sodium glycerophosphate 22.8 mg and manganese glycerophosphate NFX 697 micrograms.

#### **Other ingredients:**

Sucrose, phosphoric acid, glucose syrup, sodium citrate, ethanol, 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**

Omega Pharma Ltd., Wrafton, Braunton, Devon, EX33 2DL, UK

Send all enquiries to this address.

#### **Manufacturer**

Bell Sons & Co (Druggists) Ltd., Gifford House, Slaidburn Crescent, Southport, Merseyside PR9 9AL.

Metatone is a trade mark.

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