If your condition does not improve, tell your doctor.
Children under 12 years of age: Not recommended.

If you take more Thiamine Hydrochloride Tablets than you should
This is unlikely to be harmful, but if you have taken too many tablets tell your doctor or pharmacist immediately or contact your nearest emergency department.

If you forget to take Thiamine Hydrochloride Tablets
Take your dose as soon as you remember, then carry on taking your tablets as usual. Do not take a double dose to make up for a forgotten dose.
If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines Thiamine Hydrochloride Tablets can cause side effects, although not everybody gets them. Side effects are unlikely at the recommended doses.
Very few people may experience an allergic reaction after taking this medicine, symptoms of this could be:

- Rash or skin irritation
- Swelling of face, lips, throat or tongue
- Stomach pain

- Difficulty in breathing or swallowing
- Rapid pulse
- Heart pain

Some people may experience a mild stomach upset after taking this medicine, symptoms of this could be:

- Nausea
- Vomiting
- Stomach pain
- Diarrhoea

Reporting of side effects
If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme website: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.

5. HOW TO STORE THIAMINE HYDROCHLORIDE TABLETS

KEEP THIS MEDICINE OUT OF THE SIGHT AND REACH OF CHILDREN.
Store below 25ºC. **This product should be stored in its original pack.** Do not use Thiamine Hydrochloride Tablets after the expiry date which is stated on the carton and container pot. The expiry date refers to the last day of that month. **After first opening of the pot, Thiamine Hydrochloride Tablets should be used within 100 days**. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Thiamine Hydrochloride Tablets contain
The active substance is thiamine hydrochloride (50mg or 100mg per tablet).
The other ingredients are lactose monohydrate, microcrystalline cellulose, croscarmellose sodium, stearic acid and magnesium stearate.

What Thiamine Hydrochloride Tablets look like and contents of the pack
Thiamine 50mg Hydrochloride Tablets are white or almost white biconvex round, marked with

"150". Thiamine 100mg Hydrochloride Tablets are white or almost white biconvex round, marked with "T100". They are available in blister packs containing 28 or 84 tablets or pots containing 100 tablets. **Not all pack sizes may be marketed.**

PL Holder: Kent Pharmaceuticals Limited, Connect 38, 1, Dover Place, Ashford, Kent, United Kingdom, TN23 1FB.
Manufacturer responsible for batch release
Kent Pharmaceuticals Limited, Unit 200, Westminster 42, Westminster Industrial Estate, Repton Road, Measham, Swadlincote, DE12 7DT, United Kingdom.
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PATIENT INFORMATION LEAFLET

THIAMINE HYDROCHLORIDE 50mg & 100mg TABLETS

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you. Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- **Keep this leaflet. You may need to read it again.**
- **Ask your pharmacist if you need more information or advice.**
- **You must contact a doctor if your symptoms worsen or do not improve.**
- **If you get any side effects talk to your doctor or pharmacist. This includes any possible**

side effects not listed in this leaflet. See Section 4.

WHAT IS IN THIS LEAFLET

1. What Thiamine Hydrochloride Tablets are and what they are used for
2. What you need to know before you take Thiamine Hydrochloride Tablets
3. How to take Thiamine Hydrochloride Tablets
4. Possible side effects
5. How to store Thiamine Hydrochloride Tablets
6. Contents of the pack and other information

1. WHAT THIAMINE HYDROCHLORIDE TABLETS ARE AND WHAT THEY ARE USED FOR

Thiamine Hydrochloride Tablets are vitamin tablets which contain thiamine (vitamin B1). They are used to treat thiamine deficiency (when your body does not have enough of the vitamin). Even though thiamine is found naturally in many foods (especially in yeast, wholegrain cereals, meats and beans), sometimes your body requires a supplement. This may be because your diet does not contain enough thiamine or you may not be absorbing it from your diet effectively. You may also have a special need for extra thiamine, especially if you are excreting it quickly from your body (e.g. in your urine). By taking Thiamine Hydrochloride Tablets, you can make sure you have sufficient thiamine in your diet.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE THIAMINE HYDROCHLORIDE TABLETS

DO NOT take Thiamine Hydrochloride Tablets if you are:

- Allergic (hypersensitive) to thiamine or any of the other ingredients in this medicine (see section 6, Contents of the pack and other information)
- Under 12 years of age

Other medicines and Thiamine Hydrochloride Tablets:
Tell your doctor or pharmacist if you are taking any other medicines, including those obtained

without a prescription, such as vitamins or herbal preparations which you have bought yourself. Certain medicines can reduce the effect of your thiamine tablets.
Tell your doctor if you are taking the following medicine because he/she may need to adjust your thiamine dose:

- fluorouracil (used to treat certain cancers and viral infections)

Pregnancy, breast-feeding and fertility
Do not take Thiamine Hydrochloride Tablets if you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby. Ask your doctor or pharmacist for advice before taking this medicine.

Driving and using machines
This medicine is not known to affect the ability to drive or use machines. However, if you feel you may be affected, do not drive or use machines and speak to your doctor.

Having blood tests or other medical tests
High concentrations of thiamine in the blood can affect certain medical tests. If you are having a blood test, scan or any other medical test, tell your doctor that you are taking thiamine tablets.

Thiamine Hydrochloride Tablets contains lactose
These tablets contain lactose monohydrate. If you have been told by your doctor that you have

an intolerance to some sugars, contact your doctor before taking this medicinal product.

3. HOW TO TAKE THIAMINE HYDROCHLORIDE TABLETS

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is:

Adults and children over 12 years of age
The tablets should be swallowed with water. Do not chew the tablets.

50mg:
Mild deficiency: 1-2 tablets once a day
Severe deficiency: 2 tablets 2-3 times a day

100mg:
Mild deficiency: 1 tablet once a day
Severe deficiency: 1 tablet 2-3 times a day

The tablets can be taken as long as symptoms persist or a dietary supplement is required, follow the recommendation of your doctor or pharmacist.



Base Page Page width 149.23 height 39.21 (Green)



Customer: Kent **Originated by:** DOB (AWG)
Product: Thiamine 100mg Tablets X 100
Dimensions: 149mm X 39mm
Item Code: CFAF.VTB.100T.100.SP.V11P1
Date: 17/12/2025
Revision: Text updates
ARTWORK FOR SUBMISSION
Supersedes: CFAF.VTB.100T.100.SP.V10P1

Colours
Pantone Blue 280 C
Pantone 2577 C
Pantone 382 C