

## SUMMARY OF PRODUCT CHARACTERISTICS

### 1. NAME OF THE MEDICINAL PRODUCT

Mymin (essential amino acids and vitamins capsule)

### 2. QUALITATIVE AND QUANTITATIVE COMPOSITION:

Each capsule contains:

#### Essential amino acids

L-Leucine USP	18.3mg
L-Isoleucine USP	5.9 mg
L-Lysine Hydrochloride USP	25.00mg
L-Phenylalanine USP	5.0mg
L-Threonine USP	4.2 mg
L Tryptophan USP	5.0mg
Methionine BP	18.4 mg
L-Valine USP	6.7 mg

#### Vitamins

Synthetic retinol concentrate (powder form) BP	2500 IU
Cholecalciferol BP	200 IU
Thiamine nitrate BP	5mg
Riboflavin BP	3mg
Nicotinamide BP	25mg
Pyridoxine Hydrochloride BP	1.5mg
Folic Acid BP	0.75mg
Calcium Pantothenate BP	5mg
Cyanocobalamin BP	2.5 mcg
Ascorbic Acid BP	40 mg
Alpha Tocopheryl acetate BP	7.5 I.U.
Excipients	Q.S.

Overages of vitamins added to. Compensate loss on storage  
Hard gelatin capsule shell contains approved colors.

### 3 PHARMACEUTICAL FORMS:

Hard gelatine capsule

### 4 CLINICAL PARTICULARS

#### 4.1 Therapeutic Indications

The health benefits of vitamins and minerals include their ability to prevent and treat various diseases including heart problems, high cholesterol levels, eye disorders, and skin disorders, male infertility, epilepsy and diabetics, ulcers and also to treat rheumatoid arthritis.

#### 4.2 Posology and Method of administration

One capsule taken once in a day after meal with or without water.

**Method of administration:** Oral use only.

#### 4.3 Contraindications

You are allergic to any ingredient in essential amino acids and vitamins. Pregnancy and breastfeeding, Amyotrophic lateral sclerosis (ALS, Lou Gehrig's disease), Chronic alcoholism , liver disease.

#### **4.4 Special warning and precaution for use**

Some medical conditions may interact with amino acids and multivitamins. Tell your doctor or pharmacist if you have any medical conditions, especially if any of the following apply to you:

- if you are pregnant, planning to become pregnant, or are breast-feeding
- if you are taking any prescription or non-prescription medicine, herbal preparation, or dietary supplement
- if you have allergies to medicines, foods, or other substances
- if you have certain blood disorders (eg, pernicious anemia), kidney or liver problems, or urea cycle disorder
- if you have a history of herpes simplex virus infection

#### **4.5 Interaction with other medicinal products and other forms of interactions**

Levodopa Hydantoins (eg, phenytoin) or levodopa: their effectiveness may be decreased by essential amino acids and vitamins. Interacts with Phenylalanine, Levodopa is used for Parkinson's disease. Taking phenylalanine along with levodopa can make Parkinson's disease worse. Do not take phenylalanine if you are taking levodopa.

Warfarin: interacts with L-Carnitine, Warfarin is used to slow blood clotting. L carnitine might increase the effects of warfarin (and increase the chances of bruising and bleeding). Be sure to have your blood checked regularly. The dose of your warfarin might need to be changed.

Antacids: One study suggests that the combination of vitamins and antacids may be more effective than antacids alone in healing ulcers.

Anticoagulants: (blood thinners) Long-term use of vitamins or taking high doses may increase the risk of bleeding for those taking blood thinning medications, particularly warfarin .

Fluorouracil because the risk of its side effects may be increased by essential amino acids and vitamins.

#### **4.6 Fertility, pregnancy and lactation**

This medicine may be used during pregnancy, since the ispaghula husk is not absorbed from the gastrointestinal tract.

#### **4.7 Effects on ability to drive and use machines**

Not known.

#### **4.8 Undesirable effects**

If tablet/capsule is taken on an empty stomach, rare side effects such as indigestion, heartburn or nausea might occur. Severe allergic reactions (rash; hives; itching; difficulty breathing; tightness in the chest; swelling of the mouth, face, lips, or tongue). This is not a complete list of all side effects that may occur.

#### **4.9 Overdose**

Contact your local poison control center, or emergency room immediately. Symptoms may include diarrhea; nausea; stomach cramps; vomiting.

### **5. PHARMACOLOGICAL PROPERTIES**

#### **5.1 Pharmacodynamic properties:**

## 5.2 Pharmacokinetics Properties:

## 5.3 Preclinical Safety Data:

# 6. PHARMACEUTICAL PARTICULARS

## 6.1 List of Excipients

Name of Material	Specification
Maize Starch	BP
Purified Talc	BP
Povidone K-30	BP
Isopropyl alcohol	BP
PG Sugar	BP
Sodium Methyl Paraben	BP
Sodium Tartrazine Supradium Propyl Paraben	BP
Ponceau 4R Lake	BP
Mannitol	BP
Purified water	BP

## 6.2 Incompatibilities:

Not applicable.

## 6.3 Shelf Life

24 months from the date of manufacturing.

## 6.4 Special precautions for storage

Stored at room temperature not exceeding 30°C). Store away from heat, moisture, and light. Keep out of the reach of children.

## 6.5 Nature and contents of container

**Packing:** 3 X 10 Capsules Alu-PVC Blister pack

**Primary Packing:** 10 Capsules are packed in Printed Aluminium foil on one side and Clear PVC foil on other side.

**Secondary Packing:** Such 3 Blister are packed in printed carton along with package insert.

# 7. APPLICANT/MAUFACTURER:

## APPLICANT:

Geneith Pharmaceuticals Limited  
No 12 A dewale Crescent off Ewenla street,  
off Oshosi-Apapa Expressway, Oshodi, Lagos

## MANUFACTURER:

Stallion Laboratories PVT.Ltd.  
C-1B, 305/2, 3, 4& 5, G.I.D.C. Kerala (Bavla),  
Dist.: Ahmedabad,  
Gujarat, India.