

NanoCelle™ B12

Contains Micellized Vitamin B12 - Cyanocobalamin

Consumer Medicine Information

1. What is in the leaflet?

This leaflet answers some common questions about NanoCelle™ B12.

It does not contain all of the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines and supplements have risks and benefits. Your doctor has weighed the risks of you taking NanoCelle™ B12 against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your doctor or pharmacist.

Keep this leaflet with the medicine.

You may need to read it again.

2. What NanoCelle™ B12 is used for

NanoCelle™ B12 is used to assist in the management of dietary Vitamin B12 deficiency. Vitamin B12 is a water-soluble vitamin that is found almost exclusively in poultry, seafood, milk, cheese and eggs. Vegetarians, vegans, the elderly and people with poor intestinal absorption may require Vitamin B12 supplementation.

Vitamin B12 plays a significant role in:

- Methylation pathways
- DNA synthesis
- Mitochondrial energy production
- Synthesis of myelin and so healthy myelin/nerve function
- Conversion of homocysteine to methionine
- Red blood cell production

Your healthcare professional or pharmacist may have prescribed NanoCelle™ B12 for another reason.

Ask your healthcare professional or pharmacist if you have any questions concerning why NanoCelle™ B12 as been prescribed for you.

What is Cyanocobalamin?

Cyanocobalamin is the active ingredient in NanoCelle™ B12. It is a stable form of Vitamin B12 and upon ingestion is metabolised to the biologically active forms of Vitamin B12.

NanoCelle™ B12 is not addictive.

3. Before you take NanoCelle™ B12

3a) When you MUST NOT take it

Do not take NanoCelle™ B12 if:

1. **You have had an allergic reaction to NanoCelle™ B12, other Vitamin B12 supplements, Vitamin E, Cobalt or any ingredient listed in section 8b.**
2. **The packaging is torn, missing or shows signs of tampering**
3. **The expiry date (EXP) printed on the pack has passed.** If it has expired or passed, return to your pharmacist for disposal.

If you take this medicine after the expiry date has passed, it may not work as well.

If you are not sure if you should start taking NanoCelle™ B12 contact your healthcare professional or pharmacist.

3b) Before you start to take it

You must tell your doctor if:

1. **You have any allergies to any other medicines, foods, preservatives, dyes or additives.**
NanoCelle™ B12 also contains modified Vegetable Oil, Glycerol, Peppermint Oil, Citric Acid, Potassium Sorbate, Steviol Glycosides, d-alpha-tocopherol, Soya Oil and purified Water.
If you experience any allergic reaction or other side effects after consuming NanoCelle™ B12 you should discontinue use and consult with your healthcare professional or pharmacist.
2. **You are pregnant or planning to become pregnant**
3. **You are breastfeeding or planning to breastfeed**
4. **You have or have had any other health problems or issues including:**
 - Liver disease (cirrhosis or hepatitis)
 - Myeloproliferative disorders (polycythaemia vera and chronic myelocytic leukaemia)

If you have not told your healthcare professional or pharmacist about any of the above, tell them before you start taking NanoCelle™ B12.

3c) Taking other medicines

Tell your healthcare professional or pharmacist if you are taking any other medicines, including any that you get without a prescription from a naturopath, supermarket or health food store.

Tell your healthcare professional or pharmacist if you are taking any of the following:

- Colchicine
- Metformin
- Extended-release potassium products
- Antibiotics
- Anti-seizure medications
- H2 Blockers
- Proton pump inhibitors

Some medicines may be affected by NanoCelle™ B12 or may affect how well it works. You may need to take different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you.

Your healthcare professional or pharmacist has more information on medicines to be careful with or avoid while taking NanoCelle™ B12.

Ask your healthcare professional or pharmacist if you are not sure about the above list of medicines.

4. How to take NanoCelle™ B12

4a) How much to take

Follow all directions given to you by your healthcare professional or pharmacist carefully.

Take NanoCelle™ B12 exactly as your healthcare professional or pharmacist has prescribed.

They may differ from the information contained in this leaflet.

4b) How much NanoCelle™ B12 should be taken?

The adult dose is 300µL (2 sprays) daily, sprayed on the inside of the cheek (Buccal) before a meal.

Your healthcare professional or pharmacist will tell you how much NanoCelle™ B12 to take each day. This depends on the condition being treated and whether any other medicines are being used.

4c) How to take NanoCelle™ B12

NanoCelle™ B12 should be sprayed onto the Buccal (inside cheek).

Consult your healthcare professional if you are unsure.

4d) When to take NanoCelle™ B12

Take NanoCelle™ B12 before a meal, unless otherwise advised by your healthcare professional or pharmacist.

4e) How long to take NanoCelle™ B12

Take NanoCelle™ B12 as long as your healthcare practitioner prescribes.

4f) If you forget to take NanoCelle™ B12

Do not try to make up for missed doses by taking an extra dose.

This may increase the chance of getting an unwanted side effect.

If it is almost time for your next dose, skip the dose you missed and take the next dose when you are meant to.

If you are unsure of what to do, check with your healthcare professional or pharmacist.

4g) If you have taken too much NanoCelle™ B12 (overdose)

Visit your healthcare professional or pharmacist as soon as possible. Tell them how much NanoCelle™ B12 you took and he/she can determine what action is best for your health. Please visit your healthcare professional or pharmacist if there are signs of discomfort or poisoning.

5. While you are taking NanoCelle™ B12

5a) Things you MUST do:

If you become pregnant while taking, NanoCelle™ B12 tell your healthcare professional or pharmacist immediately.

If you are about to start taking a new medicine, tell your healthcare professional or pharmacist that you are taking NanoCelle™ B12.

If you are planning to have surgery, including dental surgery, tell your healthcare professional or pharmacist that you are taking NanoCelle™ B12.

Always follow your healthcare professional or pharmacist's instructions carefully.

5b) Things you MUST NOT do

Do not spray NanoCelle™ B12 into your eyes. Do not spray NanoCelle™ B12 onto skin that is cut or bleeding.

Do not heat NanoCelle™ B12 to extreme heat conditions for extended periods of time.

You should discuss this with your healthcare professional or pharmacist.

6. Side Effects

All medicines and supplements can have side effects. Sometimes they are serious, most of the time they are not.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

Ask your healthcare professional or pharmacist to answer any questions you may have.

Tell your healthcare professional or pharmacist if you notice any of the following and they worry you:

- Difficulty breathing
- Swelling of the face and/or throat
- Skin rash
- Itching

These side effects are usually mild and dose related. Most of them disappear completely in a few days after the dose of NanoCelle™ B12 is lowered or stopped.

If you have questions, please ask your healthcare professional or pharmacist

7. After taking NanoCelle™ B12

7a) Storage

Keep NanoCelle™ B12 in its bottle until it is time to take it. If you take the liquid out of the bottle it may not keep well.

Always store NanoCelle™ B12 only in its original container. Store below 25°C.

Recommended to Keep Refrigerated. Do not freeze.

Do not store NanoCelle™ B12, or any other medicine, in a bathroom or near a sink.

Do not leave it in the car or on windowsills.

Keep out of reach of Children.

8. Product description

8a) What NanoCelle™ B12 looks like

NanoCelle™ B12 is a peppermint-flavoured, red liquid emulsion. NanoCelle™ B12 is packaged in a 30mL plastic spray bottle with a clear plastic cap.

Each bottle is packed in a recyclable cardboard box with a safety seal.

Each 30mL spray bottle contains 100 doses (200 sprays).

8b) Ingredients

Active Ingredients

- Vitamin B12 (as Cyanocobalamin)

Inactive Ingredients

- Modified Vegetable Oil
- Glycerol
- Peppermint Oil
- Citric Acid
- Potassium Sorbate
- Steviol Glycosides
- d-alpha-tocopherol
- Soya Oil
- Water- purified

NanoCelle™ B12 is suitable for vegetarians

NanoCelle™ B12 is dairy and gluten free

9. Translation

To read this information in other languages go to www.medlab.co/translate

10. Manufacturer

NanoCelle™ B12 is supplied in Australia by:

A division of Medlab Clinical Limited™
66 McCauley Street
Alexandria NSW 2015
Toll free: 1300 369 570

NanoCelle™ B12 is supplied in Northern America by:

A division of InMed Technologies™
Suite 400, 29883 Santa Margarita Pkwy
Rancho Santa Margarita CA 92688
Toll free 1800 921 1710

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