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2. Becosules Capsules LPDBCC112022
3. Becosules Z LPDBCZ112022
4. Becosules Performance LPDBPE062023
5. Chen, X., Yang, D., Li, L., & Feng, Y. (2011). Myo-inositol improves insulin resistance in patients with PCOS: a randomized controlled trial. *Gynecological Endocrinology*, 27(11), 953-956. [Accessed on 2023 Mar 17] Available from: <https://www.tandfonline.com/doi/abs/10.3109/09513590.2011.650660?journalCode=igye20#:~:text=Previous%20studies%20have%20demonstrated%20that%20MYO%20is%20capable%20of%20restoring%20spontaneous%20ovarian%20activity%2C%20and%20consequently%20fertility%2C%20in%20most%20patients%20with%20PCOS>.
6. The National Library of Medicine, National Center for Biotechnology Information. Inverse Association Between Serum Vitamin B12 Concentration and Obesity Among Adults in the United States [Internet]. [Accessed on 2023 Mar 17]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6610317/#:~:text=In%20a%20large%20nationally%20representative%20sample%20of%20U.S.%20adults%2C%20higher%20serum%20vitamin%20B12%20levels%20were%20inversely%20associated%20with%20obesity,%20Further%20investigation%20is%20needed%20to%20understand%20the%20underlying%20mechanisms>.
7. Becosules Women LPDBW062023

Becosules® capsules Trademark Proprietor: Pfizer Products Inc. USA. Licensed User: Pfizer Limited, India.

BECOSULES ® PERFORMANCE ® Trademark Proprietor: Pfizer Products Inc., USA, Licensed User: Pfizer Limited, India

BECOSULES® Z Capsules Trademark Proprietor: Pfizer Products Inc. USA. Licensed User: Pfizer Limited, India.

Becosules® Women ® Trademark Proprietor: Pfizer Products Inc., USA, Licensed User: Pfizer Limited, India Brand Name

[Becosules] ® Capsules Abbreviated Prescribing Information / Summary of Product Information

GENERIC NAME: B-Complex Forte with Vitamin C Capsules. PRESENTATION: Each hard gelatin capsule contains: Thiamine Mononitrate I.P. 10 mg, Riboflavin I.P. 10 mg, Pyridoxine Hydrochloride I.P. 3 mg, Vitamin B12 I.P. (as Stablets 1:100) 15 mcg, Niacinamide I.P. 100 mg, Calcium Pantothenate I.P. 50 mg, Folic Acid I.P. 1.5 mg, Biotin I.P. 100 mcg, Ascorbic Acid I.P. (as coated) 150 mg, Excipients q.s. Appropriate overages added. Dosage form: Hard Gelatin Capsules, Pack size- Aluminium strips of 20 capsules, 25 strips in a carton. INDICATION(s): Becosules capsules are indicated in the treatment of patients with deficiencies of, or increased requirement for, vitamin B-complex, and vitamin C. Such patients and conditions include: Decreased intake because of restricted or unbalanced diet as in anorexia, diabetes mellitus, obesity and alcoholism; Reduced availability during treatment with antimicrobials which alter normal intestinal flora, in prolonged diarrhea and in chronic gastro-intestinal disorders; Increased requirements due to increased metabolic rate as in fever and tissue wasting, e.g. febrile illness, acute or chronic infections, surgery, burns and fractures; Stomatitis, glossitis, cheilosis, paraesthesias, neuralgia and dermatitis; Micronutrient deficiencies during pregnancy or lactation. DOSAGE AND ADMINISTRATION: One capsule daily, or as directed by the physician. In pregnant and lactating women, dosing should be per recommended allowances for their condition as advised by physician, since their vitamin requirements may be higher. CONTRAINDICATIONS: Hypersensitivity to any of the ingredients of Becosules capsules. WARNING AND PRECAUTIONS: The use of Becosules capsules in patients with deficiency or increased requirement of vitamins B-complex, and vitamin C should be accompanied by specific therapy for the primary illness. Treatment with Becosules capsules should be continued only until the deficiency is corrected or the need for supplementation exists. Pyridoxine in Becosules capsules may reduce the therapeutic effects of levodopa in Parkinson's disease. Riboflavin in Becosules capsules may color the urine yellow. During treatment with Becosules capsules, the urine may give a false positive result for sugar by Benedict's test because of the presence of ascorbic acid. Therefore, a test not affected by ascorbic acid, should be used. In pernicious anemia, folic acid in Becosules capsules may correct anemia but aggravate neurological lesion. DRUG INTERACTIONS: Although the clinical importance is unknown, thiamine reportedly may enhance the effect of neuromuscular blocking agents. The rate and extent of absorption of riboflavin are reportedly affected by propantheline bromide. Pyridoxine hydrochloride reverses the therapeutic effects of levodopa by accelerating peripheral metabolism of levodopa. Absorption of vitamin B12 from the GI tract may be decreased by aminoglycoside antibiotics, colchicine, extended-release potassium preparations, aminosalicic acid and its salts and anticonvulsants (e.g., phenytoin, phenobarbital, primidone). Prednisone has been reported to increase the absorption of vitamin B12 in a few patients with pernicious anemia. The clinical importance of these findings is unknown. Concurrent administration of chloramphenicol and vitamin B12 reportedly may antagonize the hematopoietic response to vitamin B12 in vitamin B12 deficient patients. The hematologic response to vitamin B12 in patients receiving both drugs should be carefully monitored and alternate anti-infectives should be considered. Niacin reportedly potentiates the hypotensive effect of ganglionic blocking drugs. OVERDOSE: B-complex vitamins are water soluble and excess vitamins are expelled in urine. Hence overdose is very rare. ADVERSE REACTION: Hypersensitivity reactions have been reported with thiamine and folic acid, although these are rare. PHARMACEUTICAL PRECAUTIONS: Shelf life: 18 Months. Storage: Store below 25 °C, in a dry place. REFERENCE: Version LPDBCC112022 Dated 25-Feb-2023 DATE OF THIS DOCUMENT: March 13th, 2023.

#### BECOSULES PERFORMANCE SUMMARY OF PRODUCT INFORMATION

COMPOSITION: Each serving /1.160 g (one soft gelatin capsule) contains approximately:

Choline Bitartrate 25 mg, Methionine 22 mg, Glutamic Acid 20 mg, Lysine 19.6 mg, Cysteine 5 mg, L-Carnitine 5 mg, Ginseng Extract Powder 21.25 mg, Citrus Bioflavonoids 12.5 mg, Green Tea Extract 10 mg, Carotenoids (Beta-carotene, Lutein and Zeaxanthin) as mixed carotenoids 10% Dispersion 5 mg, Garlic Powder 2 mg, Lycopene 10% Dispersion 2 mg, Vitamin C 25 mg, Niacinamide 15 mg, Vitamin E 9.09 mg, Pantothenic Acid 4.5 mg, Vitamin B1 1 mg, Vitamin B2 1 mg, Vitamin B6 0.5 mg, Vitamin A 480.48 mcg, Vitamin K 55 mcg, Folic Acid 50 mcg, Biotin 30 mcg, Vitamin D3 200 IU, Vitamin B12 0.5 mcg, Zinc 11 mg, Iron 10 mg, Potassium 10 mg, Chloride 9.07 mg, Manganese 4 mg, Calcium 3.86 mg, Copper 1.7 mg, Iodine 150 mcg, Chromium 50 mcg, Selenium 40 mcg, Molybdenum 40 mcg.

HEALTH RECOMMENDATION: During certain physiological and pathological conditions including stress, the body's need for micro- and macro-nutrients may not be met by diet alone. Becosules Performance helps to bridge the gap between the body's requirement and the dietary intake. The ingredients of Becosules Performance may have a role in improvement of general weakness and fatigue resulting from oxidative stress on body, decreased immunity or imbalance in stress hormones. Recommended Usage: One capsule daily NOT RECOMMENDED IF: Allergy (hypersensitivity) to any ingredients of Becosules Performance.

ADDITIONAL INFORMATION: Excessive intake of vitamins A and D can lead to hypervitaminosis A and D respectively. Caution should be exercised when supplements containing vitamin K are administered in individuals on anti-coagulant therapy like warfarin and other coumarin derivatives, as vitamin K could make warfarin less effective. In such situations, the consumer should take the guidance of their treating physician. Riboflavin in Becosules Performance may color the urine yellow. Iron in Becosules Performance may give black coloration to faeces. Consult your doctor in case you are pregnant, lactating or taking any other medicine. Food supplements are not known to impair the ability to drive or use machinery. The active ingredients in Becosules Performance are all nutrients normally available in the diet. There is very little observed and documented evidence of undesirable effects with these ingredients (except iron) in the quantity recommended for the product. LPD version: LPDBPE062023

#### BECOSULES® Z Capsules Abbreviated Prescribing Information / Summary of Product Information

GENERIC NAME: B-Complex Forte with Vitamin C & Zinc Capsules. PRESENTATION: Each hard gelatin capsule contains: Thiamine Mononitrate I.P. 10 mg, Riboflavin I.P. 10 mg, Pyridoxine Hydrochloride I.P. 3 mg, Vitamin B12 I.P. 15 mcg, (as Stablets 1:100), Niacinamide I.P. 100 mg, Calcium Pantothenate I.P. 50 mg, Folic Acid I.P. 1.5 mg, Ascorbic Acid I.P. (as coated) 150 mg, Biotin I.P. 100 mcg, Zinc Sulphate Monohydrate I.P. 41.4 mg (equivalent to 15 mg of elemental Zinc). Excipients q.s. Appropriate overages added. Dosage form: Hard Gelatin Capsules. Pack size: Aluminium strips of 20 capsules. 25 strips in a carton. INDICATION(s): Becosules Z capsule is indicated in the treatment of patients with deficiencies of, or increased requirement for, vitamin B-Complex and C. Such patients and conditions include: Decreased intake because of restricted or unbalanced diet as in anorexia, diabetes mellitus, obesity; Reduced availability during treatment with antimicrobials which alter normal intestinal flora, in prolonged diarrhea and in chronic gastro-intestinal disorders; Increased requirements due to increased metabolic rate as in fever and tissue wasting, e.g. febrile illness, acute or chronic infections, surgery, burns and fractures; Stomatitis, glossitis, cheilosis, paraesthesias, neuralgia and dermatitis; Impaired wound healing; Micronutrient deficiencies during pregnancy or lactation. DOSAGE AND ADMINISTRATION: One capsule daily, or as directed by the physician. In pregnant and lactating women, dosing should be as per recommended allowances for their condition as advised by physician, since their vitamin requirements may be higher. CONTRAINDICATIONS: Hypersensitivity to any of the ingredients of Becosules Z capsules. WARNING AND PRECAUTIONS: The use of Becosules Z capsules in patients with deficiency or increased requirement of vitamins B-complex, and vitamin C should be accompanied by specific therapy for the primary illness. Treatment with Becosules capsules should be continued only until the deficiency is corrected or the need for supplementation exists. Pyridoxine in Becosules Z capsules may reduce the therapeutic effects of levodopa in Parkinson's disease. Riboflavin in Becosules Z capsules may color the urine yellow. During treatment with Becosules Z capsules the urine may give a false positive result for sugar by Benedict's test because of the presence of ascorbic acid. Therefore, a test not affected by ascorbic acid, should be used. In pernicious anemia folic acid in Becosules Z capsules may correct anemia but aggravate neurological lesion. DRUG INTERACTIONS: Although the clinical importance is unknown, thiamine reportedly may enhance the effect of neuromuscular blocking agents. The rate and extent of absorption of riboflavin are reportedly affected by propantheline bromide. Pyridoxine hydrochloride reverses the therapeutic effects of levodopa by accelerating peripheral metabolism of levodopa. Absorption of vitamin B12 from the GI tract may be decreased by aminoglycoside antibiotics, colchicine, extended-release potassium preparations, aminosalicic acid and its salts and anticonvulsants (e.g., phenytoin, phenobarbital, primidone). Prednisone has been reported to increase the absorption of vitamin B12 in a few patients with pernicious anemia, but not in patients with partial or total gastrectomy. The clinical importance of these findings is unknown. Concurrent administration of chloramphenicol and vitamin B12 reportedly may antagonize the hematopoietic response to vitamin B12 in vitamin B12 deficient patients. The hematologic response to vitamin B12 in patients receiving both drugs should be carefully monitored and alternate anti-infectives should be considered. Niacin reportedly potentiates the hypotensive effect of ganglionic blocking drugs. OVERDOSE: B-Complex vitamins are water soluble and excess vitamins are expelled in urine. Hence overdose is very rare. ADVERSE REACTION: Hypersensitivity reactions have been reported with thiamine and folic acid, although these are rare. PHARMACEUTICAL PRECAUTIONS: Shelf life: 18 Months. Storage: Store below 25°C in a dry place. REFERENCE: Version LPDBCZ112022 Dated 25-Feb-2023 DATE OF THIS DOCUMENT: March 13th, 2023.

#### BECOSULES WOMEN® SUMMARY OF PRODUCT INFORMATION:

Before prescribing, please refer to the full prescribing information of BECOSULES WOMEN.

Becosules Women is a nutraceutical. Brand Name: Becosules® Women. ®Trademark Proprietor: Pfizer Products Inc., USA, Licensed User: Pfizer Limited, India Generic Name: Micronutrients, Natural Extracts, Amino Acids, Evening Primrose Oil & Biotin Capsules. ®Trademark Proprietor: Pfizer Products Inc., USA, Licensed User: Pfizer Limited, India Health Recommendations: During certain physiological and pathological conditions, the body's need for micro and macronutrients may not be met by diet alone. Becosules women help to bridge the gap between the body's requirement and the dietary intake. The ingredients of Becosules women may have a role in reproductive health, menstrual health, bone health, skin health, hair health, thyroid health, immunity and energy production. Pharmaceutical Form: Soft gelatin capsules. Each serving/1.15 g (per soft gelatin capsule) contains approximately: Energy 5.39 Kcal, Carbohydrate 0.17 g, Protein 0.24 g, Fat 0.42 g, Sugars 0.00 g, Saturated Fatty acids maximum 0.13 g, Trans Fatty acids 0.00 g, Methionine 22 mg, Glutamic acid 20 mg, Lysine 10 mg, Inositol 10 mg, Cysteine 2.5 mg, Choline Bitartrate 10 mg, Evening Primrose Oil 120 mg, Gingko biloba Extract 20 mg, Citrus bioflavonoids 12.5 mg, Green tea extract 10 mg, Mixed Carotenoids 10% dispersion 5 mg, Lycopene 10% dispersion 2 mg, Vitamin C 40 mg, Niacinamide 12 mg, Vitamin E 9.09mg, Pantothenic Acid 5 mg, Vitamin B6 2 mg, Vitamin B1 1 mg, Vitamin B2 1 mg, Vitamin A 480.48mcg, Biotin 30 mcg, Folic acid 100 mcg, Vitamin K 55 mcg, Vitamin B12 1 mcg, Vitamin D3 400 IU, Iron 21mg, Zinc 10 mg, Potassium 10 mg, Chloride 9.07 mg, Manganese 4 mg, Calcium 5 mg, Phosphorous 3.86 mg, Copper 1.35 mg, Molybdenum 45 mcg, Iodine 50 mcg, Selenium 26 mcg. Dosage: One soft gelatin capsule daily for adults. This product is not intended to diagnose, treat, cure or prevent any disease. Use in Children: Becosules women is recommended for adults only. Method of administration: Oral. Contraindications: Not recommended if Allergy (hypersensitivity) to any ingredient of Becosules women Warnings & Precautions: Excessive intake of vitamins A and D can lead to hypervitaminosis A and D respectively. Caution should be exercised when supplements containing vitamin K are administered in individuals on anti-coagulant therapy like warfarin and other coumarin derivatives, as vitamin K could make warfarin less effective. In such situations, the consumer should take the guidance of their treating physician. Riboflavin in Becosules women may color the urine yellow. Iron in Becosules women may give black coloration to faeces. Use in special population: Consult your doctor in case you are pregnant, lactating or taking any other medicine, Food supplements are not known to impair the ability to drive or use machinery. Adverse reactions: The active ingredients in Becosules women are all nutrients normally available in the diet. There is very little observed and documented evidence of undesirable effects with these ingredients in the quantity recommended for the product. However, the chance of an allergic (hypersensitivity) reaction to any of the ingredients, though remote, cannot be completely ruled out. Drug interactions: Per recommended usage/intake, interactions are unlikely and have not been reported. Storage condition: Store in a cool, dry place below 25°C, and protect from direct sunlight. Keep out of reach of children. SPI of LPDBW062023

Full product information available on request. Kindly consult your physician for more details.



Pfizer Limited,

The Capital -A wing, 1802, 18th floor, Plot No. C-70, G Block, Bandra Kurla Complex, Bandra (East), Mumbai 400 051, India