

ESPEY

(tocopherol)
100 IU chewable tablets

PATIENT INFORMATION LEAFLET

Please read carefully this leaflet because contains useful information for you.

This medicine can be bought without medical prescription, for treatment of mild health problems for which is not needed medical opinion. Besides that, it is needed carefully to use this medicine in order to be more useful.

Keep this leaflet. Maybe you will need to read again.

If you need another additional information or advice see your pharmacist.

In this leaflet:

1. What ESPEY is and what it is used for
2. Before you take ESPEY
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1. What ESPEY is and what it is used for

ESPEY (vitamin E) belongs to the group of liposoluble vitamins. ESPEY possesses antioxidant effect in other words protects the critical cell structures from damage by the free radicals and reactive products of the lipid oxidation. ESPEY reduces the risk of the appearance of atherosclerosis (deposition of the fats on the walls of blood vessels), as well as the late appearance of coronary heart disease. There are other functions such as: maintenance of growth, protection of the membranous structures, helps the intestinal absorption of the fatty acids, maintenance of the normal muscle metabolism, maintenance of the blood vessels and the central nervous system, as well as maintenance of the integrity of the renal tubules, liver, lungs and genital organs.

You can use ESPEY as a supplementary therapy at sterility, habitual abortions, menopausal syndrome, disturbances in muscular function, mastopathy (cystic breasts), haemolysis (break up of the red blood cells), and some disturbances of the heart, blood vessels and the nervous system.

Also, you can use ESPEY in relatively high doses for the prevention and as a supplementary therapy of diseases in which development of the free radicals play an important role (carcinomas, diseases of the heart and blood vessels, rheumatoid and immunological diseases).

2. Before you take ESPEY

Do not take ESPEY if you have:

- hypersensitivity to tocopherol (vitamin E) or to some of the excipients of the drug;
- iron deficiency anaemia;
- hypoprothrombinaemia (deficiency of factor II in blood clotting) due to deficiency of vitamin K.

Take special care with ESPEY

In case of appearance of hypersensitivity symptoms stop taking the medicine and call your doctor immediately.

In case of biliary obstruction, the absorption of vitamin E is drastically decreased.

Taking other medicines

Please inform your doctor if you are taking, or you will take, any other medicine, even those which are dispensing without prescription.

It is very important if you are concomitantly taking:

- cholestyramine, colestipol and mineral oils - might be interfered with the absorption of vitamin E;
- warfarin or other medicines against blood clotting – there is a possibility of appearance of stressed anticoagulant effect;
- medicines for the anaemia - vitamin E might change the haematological response at patients with iron deficiency anaemia therefore an observation is needed of the patients who concomitantly take drugs for the anaemia.

Taking ESPEY with food and drink

ESPEY may be taken with or without food.

Pregnancy and breast-feeding

Consult with your doctor or pharmacist before you take any medicine. Inform your doctor if you are pregnant (or you are suspected that you are pregnant) or you are breast-feeding.

Pregnant women and breast-feeding mothers can use ESPEY only upon physician's permit.

Driving and using machines

It is not established.

Important information about some of the ingredients of ESPEY

ESPEY chewable tablets contain sorbitol. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product. Sorbitol, may have a mild laxative effect. Calorific value 2.6 kcal/g sorbitol.

Also, ESPEY chewable tablets contain mannitol which may have a mild laxative effect.

3. How to take ESPEY?

The usual dose is one chewable tablet of 100 IU once to three times a day. The tablet should be chewed and has to be swallowed with a glass of water.

If you take more ESPEY than you should

If you have taken bigger dose than you should, contact your doctor or pharmacist immediately! Appropriate measures will be taken over depending upon the overdosage degree.

If you forget to take ESPEY

If you missed or forgot to take the medicine, take the medicine as soon as possible. If the time for the next dose is approach, wait, don't take the missed dose but the next dose.

Do not take a double dose to make up for forgotten individual doses!

4. Possible side effects

The side effects after the administration of ESPEY (vitamin E) are very rare. The most common adverse effects that might appear are: abdominal pain, diarrhea, generalized skin inflammation and fatigue. All these side effects are transient. If you are notice appearance of side effect which is not mentioned, inform your doctor or pharmacist.

5. How to store ESPEY

Keep out of the reach and sight of children.

Do not store above 25°C.

Do not use your medicine after the expiry date which is stamped on the pack. The expiry date refers to the last day of that month.

Medicines should not be disposed of via wastewater of household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. Further information

What ESPEY contains

Each chewable tablet contains 100 IU tocopherol (Vitamin E as -tocopheryl acetate).

The other ingredients are: sorbitol, mannitol, saccharin sodium, copovidone, colloidal silica anhydrous, magnesium stearate, aroma hazelnut.

What ESPEY looks like and contents of the pack

Espey 100 IU chewable tablets are uniform, creamy-white, round, biconvex chewable tablets.

Pack size

Box of 30 chewable tablets of 100 IU in blisters.

Dispensing status

Over the counter medicine (OTC).



The holder of Trade Mark and Marketing Authorization is:
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England, UK
Manufactured by:
REPLEK FARM Ltd. Skopje
R. Macedonia