RACE

ANTIOXIDANT

Compositions:
Race tablet : Each film coated tablet contains Beta-carotene USP 6 mg,Vitamin C BP 200 mg & Vitamin E BP 50 mg.

Pharmacology:
Race is a unique combination of three antioxidant vitamins: Beta carotene (Pro- Vitamin A), Vitamin C (Ascorbic acid) & Vitamin E (Alpha Tocopherol)

Indications:
Active ingredients i.e. Betacarotene, Vitamin C & Vitamin E of Race tablet have been linked with reduced risks of cardiovascular diseases in human. All these three vitamins have an important role in reducing the risk of cataractSupplementation with Vitamin E shows to reduce the susceptibility of blood lipoprotein (protein that carries cholesterol in the blood) to oxidation, which is the major causative factor in the formation of atheromata in the walls of blood vessels. Vitamin E also protects the immune system & hence helps to combat infections & chronic diseases. Vitamin C is the most powerful reducing agent known to be present in living tissue. It is a co-factor in numerous biological processes. Vitamin C plays an important role in response of the body to stress. It is important in the defense against infection. Vitamin C possesses some anti- inflammatory activity & protects cell against oxidative damage to essential molecules. It's reductive capacity is important in iron metabolism which is necessary for the incorporation of iron into ferritin & catalyses the reduction of ferric iron to the ferrous form. Vitamin C increases iron absorption. The primary role of Vitamin E is the prevention of oxidation of polyunsaturated fatty acids. Vitamin E reacts with free radicals, which are the cause of oxidative damage to cell membranes, without the formation of another free radical in the process.

Dosage And Administration:
Adult : 1 tablet daily, or as prescribed by the physician.

Contraindications:
1.Pregnancy (High doses of Vitamin-A is considered potentially teratogenic in 2. pregnancy Renal calculi

Warning And Precaution:
The administration of excessive amounts of Vitamin A over long periods can lead to toxicity, known as hypervitaminosis. This is characterized by fatigue, irritability, anorexia and loss of weight, vomiting and other gastrointestinal disturbances, low-grade fever, hepatosplenomegaly, subcutaneous swelling, and pains in bone and joint. Since the body converts carotene to retinol only in amounts as required, so there is no possibility of accumulation of vitamin A (Retinol) in the body. Patients who are hypersensitive to vitamin A should be carefully monitored during treatment with this preparation. Vitamin C should be given with care to patients with hyperoxaluria. In patients taking oral anticoagulants or oestrogens, Vitamin E should be given carefully because it has been found to antagonize the effects of vitamin K, leading to an increase in blood clotting time in these patients.

Side Effects:
Loose stools may occasionally occur during treatmemt with Beta carotene and the skin may assume a slightly yellow discoloration. The toxic effects of vitamin A (after conversion of Beta carotene to it), which are encountered are normally reversible. Chronic over dosage can lead to redness to the skin, disturbed hair growth, loss of appetite and sickness. Large doses

of vitamin C are reported to cause diarrhoea and other gastrointestinal disturbances. Similarly large doses of vitamin E may cause diarrhoea, abdominal pain and other gastro-intestinal disturbances and have also been reported to cause fatigue and weakness.

Use in Pregnancy and Lactation:
ß carotene, vitamin C and vitamin E have no teratogenic effects in humans.

Drug Interaction:
There is no potentially hazardous drug interaction with retinol (after conversion of beta carotene to it). Both cadmium and copper decreases retinol plasma levels. Among antibiotics neomycin and bleomycin reduces the absorption of retinol. Vitamin C is incompatible in solution with aminophylline, bleomycin, erythromycin, lactobionate, nafcillin, nitrofurantoin sodium, conjugated oestrogens, sodium bicarbonate, sulphafurazole diethanolamine, chloramphenicol sodium succinate, chlorothiazide sodium and hydrocortisone sodium succinate. It increases the apparent half-life of paracetamol and enhances iron absorption from the gastrointestinal tract. No potentially useful drug interaction with Vitamin E has been described. However, high doses of Vitamin E can impair intestinal absorption of Vitamin A and K.

Overdosage:
No data available.

Storage:
Keep below 30°C temperature, away from light & moisture. Keep out of the reach of children.

Packing:
Race tablet: Bottle contains 20 film coated tablet.

Manufactured By:
The IBN SINA Pharmaceutical Industry PLC.
Shafipur, Gazipur, Bangladesh.