Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Vitamin B Complex Combinations

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Warning
If your product has iron in it:

- Accidental overdose of drugs that have iron in them is a leading cause of deadly poisoning in children younger than 6 years of age. Keep away from children. If this drug is taken by accident, call a doctor or poison control center right away.

What is this drug used for?

All products:

- It is used to help growth and good health.
- It may be given to you for other reasons. Talk with the doctor.

If your product has iron in it:

- It is used to treat or prevent low iron in the body.

What do I need to tell my doctor BEFORE I take this drug?

All products:

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you are taking levodopa.

If your product has iron in it:

- If you have too much iron in your body.
- If you have certain types of anemia like pernicious anemia or hemolytic anemia.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

All products:

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- This drug may affect certain lab tests. Tell all of your health care providers and lab workers that you take this drug.
- If you are allergic to tartrazine (FD&C Yellow No. 5), talk with your doctor. Some products have tartrazine.
- If you have phenylketonuria (PKU), talk with your doctor. Some products have phenylalanine.
- Some forms of this drug may not be for use in all ages of children. If you have questions, talk with the doctor.
- Tell your doctor if you are pregnant, plan on getting pregnant, or are breast-feeding. You will need to talk about the benefits and risks to you and the baby.

If your product has iron in it:

- Have blood work checked as you have been told by the doctor. Talk with the doctor.
- This drug may prevent other drugs taken by mouth from getting into the body. If you take other drugs by mouth,

you may need to take them at some other time than this drug. Talk with your doctor.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

All oral products:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.

If your product has iron in it:

- Black, tarry, or bloody stools.
- Fever.
- Throwing up blood or throw up that looks like coffee grounds.
- Stomach cramps.

Injection:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat. Rarely, some allergic reactions have been deadly.
- Redness or swelling where the injection is given.
- New or worse tiredness, weakness, dizziness, or shortness of breath.
- Any unexplained bruising or bleeding.
- Change in eyesight.
- Severe or long-lasting headache.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

All products:

- Stomach pain or diarrhea.
- Upset stomach or throwing up.
- Decreased appetite.

- Gas.
- Bad taste in your mouth.

If your product has iron in it:

- Constipation.
- Change in color of stool to green.

Injection:

- Pain where the shot was given.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1- 800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

All oral products:

- Some drugs may need to be taken with food or on an empty stomach. For some drugs it does not matter. Check with your pharmacist about how to take this drug.

Long-acting products:

- Swallow whole. Do not chew, break, or crush.

Chewable tablets:

- Chew well before swallowing.

All liquid products:

- Measure liquid doses carefully. Use the measuring device that comes with this drug. If there is none, ask the pharmacist for a device to measure this drug.

Sublingual (under the tongue):

- Shake well before use.
- Place under the tongue. Hold there for 30 seconds before you swallow.

All other liquid products:

- Some of these drugs need to be shaken before use. Be sure you know if this product needs to be shaken before using it.

Injection:

- It is given as a shot.

What do I do if I miss a dose?
All oral products:

- Take a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.

Injection:

- Call your doctor to find out what to do.

How do I store and/or throw out this drug?
All oral products:

- Store at room temperature in a dry place. Do not store in a bathroom.
- Protect from heat and light.

Injection:

- If you need to store this drug at home, talk with your doctor, nurse, or pharmacist about how to store it.

All products:

- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready

to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-

effectiveness-terms.

Last Reviewed Date

2024-04-09

Copyright

© 2026 UpToDate, Inc. and its affiliates and/or licensors. All rights reserved.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Vitamin B Complex Combinations - Last updated on December 12, 2022
All rights owned and reserved by Memorial Sloan Kettering Cancer Center