Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Vitamins (Multiple/Oral

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.

Brand Names: US

ABDEK [OTC]; Androvite [OTC]; CalciFol; CalciFolic-D; Centrum Cardio [OTC]; Centrum Flavor Burst [OTC]; Centrum Performance [OTC]; Centrum Silver Adult 50+ [OTC]; Centrum Silver Ultra Men's [OTC]; Centrum Silver Ultra Women's [OTC]; Centrum Silver [OTC]; Centrum Ultra Men's [OTC]; Centrum Ultra Women's [OTC]; Centrum Women [OTC]; Centrum [OTC]; Corvite 150; CyFolex; DEKAs Bariatric; DEKAs Essential; DEKAs Plus; DermacinRx Boostervite; Diatx Zn; Drinkables Fruits and Vegetables [OTC]; Drinkables MultiVitamins [OTC]; Encora; EverCore; FeRiva; FeRiva 21/7; FeRivaFA; Ferralet 90; Folarex; Foltrin; Freedavite [OTC]; Fusion Plus; Fusion [OTC]; Genicin Vita-Q [DSC]; Geri-Freeda [OTC]; Geritol Complete [OTC]; Geritol Extend [OTC]; Geritol Tonic [OTC]; Glutofac-MX; Gynovite Plus [OTC]; Hemocyte Plus; Hi-Kovite [OTC];

Iberet-500 [OTC] [DSC]; Inflamex; K-Tan Plus; MaxFe [OTC]; Men's 50+ Multivitamin [OTC]; MI-Vite RX; Monocaps [OTC]; Multia [OTC]; Myadec [OTC]; NeoMultivite; Nicadan; NicAzel Forte; Norixa; Norvexa; Noventra; NuFera; NutraVance; Nutrimin-Plus [OTC]; Ocuvel [DSC]; Ocuvite Adult 50+ [OTC]; Ocuvite Extra [OTC]; Ocuvite Lutein [OTC]; Ocuvite [OTC]; One A Day Cholesterol Plus [OTC]; One A Day Energy [OTC]; One A Day Essential [OTC]; One A Day Maximum [OTC]; One A Day Men's 50+ Advantage [OTC]; One A Day Men's Health Formula [OTC]; One A Day Teen Advantage for Her [OTC]; One A Day Teen Advantage for Him [OTC]; One A Day Weight Smart Advanced [OTC]; One A Day Women's Active Mind & Body [OTC]; One A Day Women's [OTC]; One A Day® Women's 50+ Advantage [OTC]; One Vite M High Potency [OTC]; One-Daily Multi-Vitamin [OTC]; One-Daily Multi-Vitamin/Iron [OTC]; One-Daily/Iron [OTC]; Optivite P.M.T. [OTC]; PreserVision AREDS 2 Formula + Multivitamin [OTC]; PreserVision AREDS 3 [OTC]; PreserVision AREDS [OTC]; PreserVision Lutein [OTC]; Quflora FE [DSC]; Quintabs [OTC]; Quintabs-M Iron-Free [OTC]; Quintabs-M [OTC]; Replace Without Iron [OTC]; Repliva 21/7; Strovite; Strovite Forte; Strovite Plus [DSC]; Systane ICaps AREDS2; T-Vites [OTC]; Tab-A-Vite; Thera-Tabs; Thera-Tabs M [OTC]; Theramill Forte [OTC]; TL-HEM 150; Trexvia; Trivia Complete [DSC]; TrueOne; Ultra Freeda

A-Free [OTC]; Ultra Freeda Iron-Free [OTC]; Ultra Freeda With Iron [OTC]; Valentra; Vantrex; Viactiv Calcium Flavor Glides [OTC]; Viactiv Flavor Glides [OTC]; Viactiv for Teens [OTC]; Viactiv With Calcium [OTC]; Viactiv [OTC]; Vitabasic Complete [OTC]; Vitabasic Senior [OTC]; Vitafol; Vivara MVC [OTC]; Vivara MVD [OTC]; Vivara MVM [OTC]; Women's 50+ Multi Vitamin [OTC]; Xtramins [OTC]; Yelets [OTC]

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?

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

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 have certain types of anemia where there is not enough vitamin B12 in the body like pernicious anemia.
- If you are taking levodopa.
- If you are taking mineral oil.

If your product has iron in it:

- If you have too much iron in your body.
- If you have 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?

- 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 soy, talk with your doctor. Some products have soy.
- If you are allergic to tartrazine (FD&C Yellow No. 5), talk with your doctor. Some products have tartrazine.
- Different brands of this drug may be for use in different ages of children. Talk with the doctor before giving this drug to a child.
- 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.

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 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.

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:

- Upset stomach or throwing up.

If your product has iron in it:

- Diarrhea or constipation.
- Change in color of stool to green.
- Stomach pain.

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 products:

- Take with or without food. Take with food if it causes an upset stomach.
- This drug gets into the body best when taken at bedtime. Talk with your doctor or pharmacist if you have questions about when to take this drug.

All extended-release products:

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

Liquid:

- 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.

Chewable tablets:

- Chew well before swallowing.

What do I do if I miss a dose?

- 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.

How do I store and/or throw out this drug?

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

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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.

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