



## Biotin SB tablets 2.5 mg

**Read the entire information leaflet carefully before starting to take this medicinal product;**

**it contains important information for you.** Always take this medicinal product exactly as described in this leaflet or exactly as prescribed by your doctor, pharmacist or your medical specialist.

- Keep this information leaflet. You may want to reread it at a later date.
- Ask your pharmacist if you need any additional information or advice.
- Please inform your doctor, pharmacist or medical specialist if you notice side effects. This also applies to side effects not stated in this leaflet. See section 4.
- Please consult a doctor if you do not feel better or even feel worse.

### Information in this leaflet:

1. What are Biotin SB tablets 2.5 mg and what are they used for?
2. What must I be aware of before taking Biotin SB tablets 2.5 mg?
3. How should I take Biotin SB tablets 2.5 mg?
4. What are the possible side effects?
5. How should Biotin SB tablets 2.5 mg be stored?
6. Pack contents and additional information

### 1. What are Biotin SB tablets 2.5 mg and what are they used for?

Biotin SB tablets 2.5 mg are a vitamin treatment.

**Fields of application:** Biotin SB tablets 2.5 mg are used to prevent biotin deficit conditions.  
(For prevention purposes, less than 0.2 mg biotin per day is sufficient).

### 2. What must I be aware of before taking Biotin SB tablets 2.5 mg?

**Biotin SB tablets 2.5 mg must not be taken,**

- If you are allergic to biotin or any other components of this medicinal product stated in section 6.

### Warning advice and precautions for application

Please consult your doctor, pharmacist or medical specialist before taking Biotin SB tablets 2.5 mg.

Biotin SB Tablets 2.5mg contain 2.5 mg of biotin per tablet. If you are undergoing a laboratory test, you must tell your doctor or laboratory staff that you are taking or have recently taken Biotin SB Tablets 2.5 mg, as biotin can affect the results of such tests. Depending on the test, the results may be falsely elevated or falsely lowered due to biotin. Your doctor may ask you to stop taking Biotin SB Tablets 2.5 mg before laboratory tests. You should also be aware that other products you may be taking, such as multivitamins or hair, skin or nail supplements, may also contain biotin and may affect the results of laboratory tests. Please tell your doctor or laboratory staff if you are taking such products.

### Taking Biotin SB tablets 2.5 mg together with other medicinal products

Please inform your doctor or pharmacist if you take, or have recently taken, or intend to take other medicinal products. There is evidence that medicinal products to treat seizures (anticonvulsants) can reduce the levels of biotin in the blood plasma.

### Pregnancy and lactation

If you are pregnant or are nursing, or if you think you might be pregnant or intend to become pregnant, ask your doctor or pharmacist for advice before taking this medicine.

### Fitness to drive and ability to operate machinery

No particular precautionary measures are necessary.

**Biotin SB tablets 2.5 mg contain lactose.** If you suffer from any incompatibilities with certain sugars, you must consult your doctor before you start taking Biotin SB tablets 2.5 mg.



### 3. How should I take Biotin SB tablets 2.5 mg ?

Always take this medicinal product exactly as described in this leaflet or exactly as your doctor, pharmacist or medicinal specialist has told you. Ask your doctor, pharmacist or medicinal specialist if you are not sure.

**The recommended dose is:** 2 Biotin SB tablets 2.5 mg per day (equals 5 mg biotin). For prevention purposes, less than 0.2 mg biotin per day is sufficient.

**Type of application:** To be taken orally. Swallow the coated tablets, unchewed, with sufficient liquid, ideally with a glass of water.

**Duration of application:** In principle there is no limit on how long you can take this medicinal product for, but please read the instructions provided under "Precautions for application and warning advice".

Please consult your doctor or pharmacist if you feel that the Biotin SB tablets 2.5 mg are having too great or too little an effect.

### What to do if you take too many Biotin SB tablets 2.5 mg

There is no known risk of poisoning or overdosing.

### If you forget to take Biotin SB tablets 2.5 mg:

Do not take double the amount if you have forgotten to take the previous dose. Please consult your doctor, pharmacist or medical specialist if you have any further questions on taking this medicinal product.

### 4. What are the possible side effects ?

As is the case with all medicinal products, this medicinal product can have side effects, but they do not necessarily affect everyone.

Very rarely, (affecting up to 1 of 10,000 persons treated), allergic skin reactions (hives) were reported.

### Reporting side effects

Please inform your doctor, pharmacist or medical specialist if you notice side effects. This also applies to side effects not stated in this leaflet. You can register any side effects directly with the Bundesinstitut für Arzneimittel und Medizinprodukte, Abt. Pharmakovigilanz, Kurt-Georg-Kiesinger-Allee 3, D-53175 Bonn, Website: [www.bfarm.de](http://www.bfarm.de).

By reporting any side effects, you can make a contribution towards more information being available on the safety of this medicinal product.

### 5. How should Biotin SB tablets 2.5 mg be stored?

Keep this medicine out of the reach of children!

Do not take this medicinal product if the "use by" date on the carton or blister pack has expired. The expiry date refers to the last day of the specified month.

Do not store above 25 °C. Store in the original packaging to protect the contents from moisture.

Never dispose of medicinal products in the waste water (e.g. not in the toilet or sink). Ask at the pharmacy how to dispose of the medicinal product when you do not use it anymore. This will help to protect the environment. Further information can be found at [www.bfarm.de/arzneimittelentsorgung](http://www.bfarm.de/arzneimittelentsorgung).

### 6. Pack contents and additional information

**1 tablet Biotin SB 2.5 mg contains:**

**Active ingredient:** 2.5 mg biotin.

**Other active components:** Lactose monohydrate, microcrystalline cellulose, crospovidone, povidone K30, magnesium stearate (Ph. Eur.).

**Packet sizes available:** Packet containing 150 coated tablets.

**This information leaflet was last updated in December 2021.**

# Kräuterhaus Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.  
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For risks and side effects please read the information leaflet and consult your doctor or pharmacist.